Toronto metro

Your essential d

TUESDAY, NOVEMBER 22, 2016

High 2°C/Low -5°C Windy

THE METEORIC RISE OF CANADIAN SOCCER

Toronto FC and Montreal Impact inspire the next generation as the first two Canadian teams to meet in the MLS conference finals

metroNEWS

Tosaint Ricketts is one of nine Canadians on this year's TFC, the most successful team in franchise history. TORSTAR NEWS SERVICE FILE

LOCKED OUT

Renters are getting the short end of the stick — and it's time to stand up

metroVIEWS

EXECUTIVE INACTION

Trump vows to kill Pacific trade deal on Day 1

metroNEWS

Parenting can be a royal pain for Royals, too

metroNEWS

BREAKING THE BANK TO BREAK A SWEAT

But for millennials — totally worth it

metroLIFE

Cuts, hikes still not enough

TTC

Fare increase to raise $27M, but $61M is still needed

The TTC board has approved a 10-cent fare increase for next year, but has voted in principle to freeze the cost of riding public transit in 2018.

At a special meeting of the board on Monday to consider the transit agency's 2017 budget, commissioners voted in favour of the 10-cent hike, which will be the sixth time in as many years that the cost of riding the TTC has gone up.

But saying that many Torontonians are facing "difficult times," TTC chair Josh Colle moved a motion asking the board to "endorse" a fare freeze in 2018. It wasn't immediately clear whether the vote would be binding during the 2018 budget process however.

Colle told the meeting that he realized that many riders oppose increasing fares next year, but he said the transit commission is "in a very difficult position." He suggested the freeze in 2018 would "soften the blow" of the fare hike in 2017.

The fare increase is expected to raise $27 million in additional revenue next year, and will go into effect Jan. 1.

Despite the increased fare revenue, the TTC is still facing a shortfall of at least $61 million in its operating budget, thanks to additional projected costs of running the transit system next year.

A TTC staff report that went before the board on Monday included a long list of potential ways to bridge that gap, including raising fares by as much as 50 cents, cutting bus and streetcar service and eliminating fare discounts for seniors, students and even the blind. The list came without any recommendation from TTC staff, and none of the proposals was endorsed by the board.

It is not clear how the shortfall will be met. The budget, complete with the $61-million shortfall, will now go to the city's budget committee for consideration.

The fare increase that will go into effect in January will see the cost of a token rise from $2.90 to $3, while a regular Metropass will sell for $146.25, up from $141.50. Cash fares for seniors and students will go from $2 to $2.10, and senior and student tickets will go from $1.95 to $2.05. The cost of Metropasses for seniors and students will increase to $116.75, from $112.

Adult cash fares will stay at $3.25, and children 12 and under will continue to ride for free.

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metro NEWS

Your essential daily news

Vancouver's homeless population to get a backpack for life on the streets. **Canada**

A group of protesters, composed mostly of women, rally against Trump on the streets of New York City. GETTY IMAGES

Kavita Dogra is one of the organizers of a Toronto event inspired by the Women's March on Washington. CONTRIBUTED

T.O. walks with Washington

HUMAN RIGHTS

Mirror march supports those targeted by Donald Trump

May Warren
Metro | Toronto

Toronto women are planning to take to the streets the day after President-elect Donald Trump's inauguration as a show of solidarity with the Women's March on Washington.

Kavita Dogra is one of the organizers of the Toronto event, hosted by We Talk Women, a non-profit that raises awareness about women's rights.

She said she wanted to give people who can't make it to D.C. for the main march on Jan. 21 a chance to show support for Americans, especially women and minorities such as Muslims, who were targeted during the Trump campaign.

"We see them, we hear them, and it's scary that there might be a reversal of gains that have been made," she said.

"And it's a good opportunity for us here in Canada to remind our politicians and remind our people that there has been an uprising of hate crimes here," she added, referencing recent racist and anti-Semitic graffiti in Ottawa.

As is the case with the official Women's March on Washington, both women and men will be welcome to participate, Dogra said.

Other Canadians, such as Hamilton's Emily Silbert, are actually heading down to Washington, D.C. to march alongside Americans.

She's doing it for many reasons, including to show that "the world is watching," and is encouraging others to "get active and involved in a way they feel comfortable" if they're not happy with what's happening in the U.S.

A Facebook page for the Washington event has more than 112,000 people attending and 207,000 interested.

Gena Brumitt, chair of the Democrats Abroad branch in London, Ont., is working to organize a rally in her city and also plans to travel to D.C. for the main march.

"With this march we're saying, women have rights, women's rights are human rights," she said. "We're not going to let them take those rights away."

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Cycle lobby pans proposal

ACCESSIBILITY

Cyclists at risk if lanes used to drop off people with disabilities

Luke Simcoe
Metro | Toronto

Toronto's cycling lobby says a proposal to allow drivers with disabilities to temporarily park in separated bicycle lanes is "just bad policy."

"From our perspective, the city has the responsibility to create accessible areas on our streets," said Cycle Toronto director Jared Kolb.

"But you can't sidestep that responsibility by taking away from another vulnerable road user group."

The plan — which was given a thumbs up by the city's public works committee Monday — would let drivers with accessible parking permits stop in separated cycle tracks so long as they're "loading or unloading" a person with a disability. It must still be approved by city council to get the green light.

Accessibility advocates in the city have praised the move, but Kolb fears it could undo some of the progress Toronto has made in building safe cycling infrastructure.

"We know separated bike lanes are substantially safer than painted bike lanes, but that safety is reduced if frequent incursions take place by vehicles," Kolb said, noting there are roughly 120,000 active accessible parking permits in the city.

In a letter to the public works committee, Cycle Toronto also expressed concern that the policy will fuel tensions between cyclists and drivers. Kolb noted that due to the location of the accessible permit, there's no way a cyclist can tell whether a vehicle has a right to be in the bike lane when approaching from behind.

"There's already a massive communication problem on our streets and this policy would make it worse," he said.

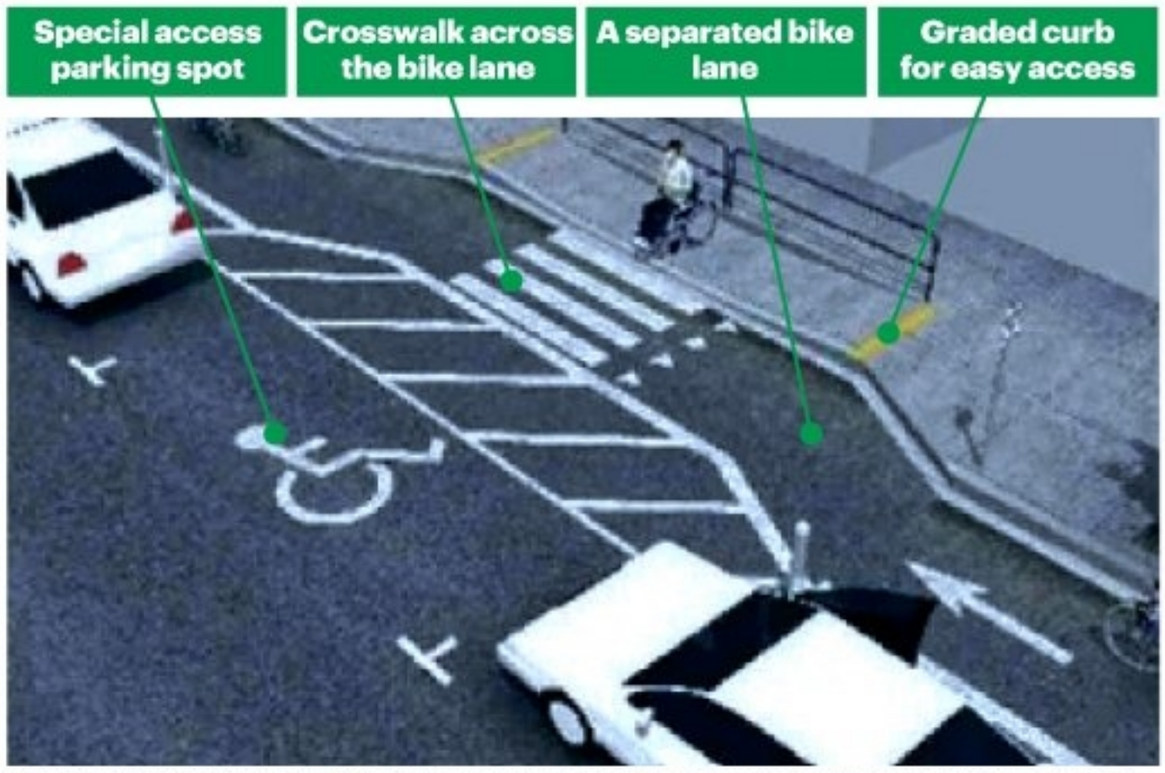
Rather than "prioritize the convenience of one vulnerable road user group over the safety of another," Kolb said Toronto should look to other cities that have found ways for bicycle lanes and accessibility to co-exist.

"This has got to be done by design," he said.

ANATOMY | Special access parking

There's little precedent for cities allowing drivers with accessible parking permits to use bike lanes as loading zones, according to Cycle Toronto. Instead, other cities have looked toward design solutions to help cyclists and people with disabilities share the street.

In Minneapolis, for example, accessible parking spaces on the outside of cycle tracks feature a crosswalk and at-grade curb cuts that allow easy access to the sidewalk while maintaining the integrity of the bike lane.



Toronto's public works and infrastructure committee has approved a proposal that would allow drivers with accessible parking permits to stop in the city's cycle tracks. GRAPHIC BY ANDRES PLANA

HUMAN RIGHTS

Rainbow Railroad offers safe passage for LGBTQ refugees

Bassel Mcleash lived a closeted life in Syria before fleeing in 2012 to Egypt where he later tested positive for HIV and lost his job and work permit.

Middle Eastern countries are not the most gay-friendly places to be, said Mcleash, as he constantly feared being outed and thrown into jail.

"If people suspect you are gay, you can still end up being tortured. You lose all your social rights and the government won't even issue you a passport," said the 29-year-old.

Fortunately, an American human rights activist he met in Cairo connected him with Toronto-based Rainbow Railroad in 2014. The volunteer group helps and rescues LGBTQ people facing physical violence and threats in other countries.

With their help, Mcleash arrived in Toronto to start a new life in May under Ottawa's refugee resettlement program and even marched in this year's gay pride parade beside Prime Minister Justin Trudeau.

Finding refuge for Mcleash is just the latest success story for Rainbow Railroad, which recently launched its 60in60 campaign to save 60 LGBTQ lives in 60 days.

"We currently have 60 active cases that require immediate help in finding pathways to safety for these people," said Kimahli Powell, Rainbow Railroad's executive director.

Bassel Mcleash, 29, was resettled to Canada from Syria via Egypt, and arrived Toronto in May 2016. TORSTAR NEWS SERVICE

"They come from all over the world."

The group, established in 2006, does not offer resettlement sponsorships to Canada for persecuted gays and lesbians.

It runs on a triage approach by providing victims with social and financial support as well as information on routes to seek asylum and "get people in danger to safety."

Rainbow Railroad has set a target to raise $300,000 by December 31. So far, $143,000 has been raised, including $100,000 from the Elton John AIDS Foundation to provide direct travel costs for up to 20 LGBTQ people with HIV as well as proper medical treatment.

Learn more at rainbowrailroad.ca. TORSTAR NEWS SERVICE

BARBARA TURNBALL AWARD

Student wins kudos for spirit, positivity

Julianna Romanyk's obsession with comedy began at a young age, when she would watch Just for Laughs, despite not understanding most, if any, of the jokes.

"Only when I was 15 and I happened to meet the chief operating officer of Just for Laughs after a comedy show did I realize, 'Oh, there's actually people that can do this for a living,' " said Romanyk, 19, a first-year student studying media production at Ryerson University.

"I immediately went home that night and went to my mom and said, 'That's what I want to do.' Absolutely. No doubt."

The aspiring comedy producer was awarded the Barbara Turnbull Award on Monday, an honour named after the Toronto Star reporter who was an activist for people with disabilities and known for her own perseverance and positivity.

Romanyk, who was born with a congenital birth defect, said she admired Turnbull's resilience after learning about the well-known journalist.

Turnbull died last May of complications related to pneumonia.

Julianna Romanyk
TORSTAR NEWS SERVICE

The award in her name was set up by a group of colleagues at the Toronto Star and is given to a student with a disability who exemplifies characteristics Turnbull exemplified, including tenacity, perseverance, and positivity.

Romanyk, who has interned at Just for Laughs and hopes to be a comedy producer, said she was grateful to be recognized in Turnbull's honour.

"When I read the description of her, I thought, 'This is so much like me.' Her love of writing. And I want to be unstoppable," Romanyk said. TORSTAR NEWS SERVICE

IN BRIEF

Murderer's ex-girlfriend likely to make plea deal

A former girlfriend of one of two men convicted in the murder of Tim Bosma is in talks for a plea deal regarding a charge laid against her.

A trial is scheduled to begin Tuesday for Christina Noudga, 24, charged with being an accessory after the fact. Noudga is expected to plead Tuesday to the lesser charges of obstructing justice and wilfully destroying evidence.

However, until the words are uttered in court, it is not official. If she does take the deal, one source says, it's unlikely she'll spend any more time behind bars. TORSTAR NEWS SERVICE

Mayor wants to outsource all garbage pickup

City staff is once again going to examine whether Toronto should get out of the business of collecting garbage but Mayor John Tory says his mind is made up.

He told reporters Monday morning at a news conference outside a Scarborough home that he intends to make good on his campaign promise to outsource garbage collection east of Yonge Street.

"The city is saving millions of dollars contracting out garbage in the west end of the city. We need to get the same savings and level of service for residents in the rest of Toronto." TORSTAR NEWS SERVICE

'Professional tenant' wanted for assault

James Regan, the 62-year-old Toronto man whose rent disputes have been the subject of media reports, is now wanted by police for an assault that occurred in September, near Casa Loma.

Toronto police say that at 5:30 p.m. Sept. 24, they got a call for an assault that occurred on Avenue Road and McMaster Avenue. They say a 56-year-old woman confronted Regan about a civil matter.

Regan is alleged to have became enraged and to have started punching and kicking the woman. She was then taken to hospital. Toronto police have issued a statement Monday that Regan is wanted for assault. TORSTAR NEWS SERVICE

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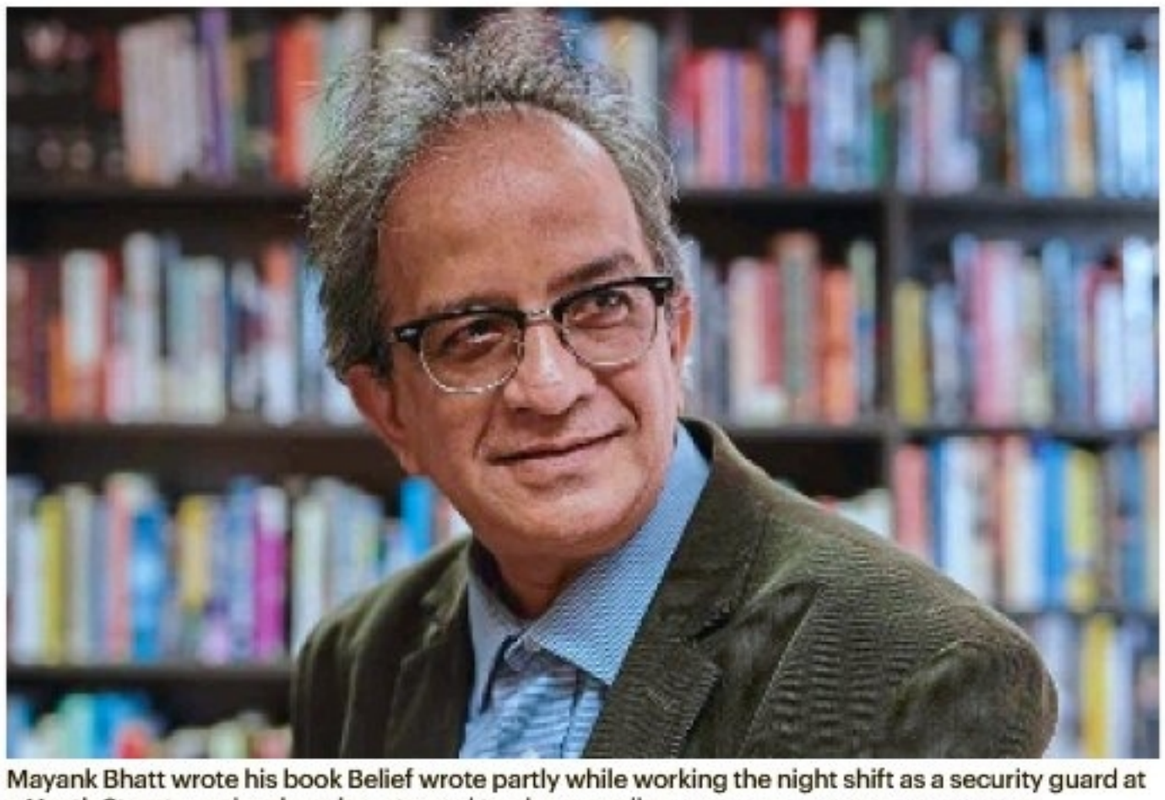
Authoring new beginnings

LITERATURE

Writer's debut novel tells story of immigrants' struggles



Mayank Bhatt wrote his book Belief wrote partly while working the night shift as a security guard at a Heath Street condo where he returned to give a reading. COLE BURSTON/TORSTAR NEWS SERVICE

The last time Mayank Bhatt was in this Forest Hill condo building he wore a navy blue uniform and worked as a security guard.

It was one of the new immigrant's first jobs in Canada, a position the Mumbai native landed just weeks after arriving at Pearson International Airport with his wife, Mahrukh, and son, Che.

Seven years after he left that job, Bhatt, 54, recently returned to the warm embrace of the tenants he used to serve at 260 Heath St. W., but this time as a published author invited for a reading of his debut novel, Belief — the story of a new immigrant family's struggles in Canada. The book will be officially launched at the Gladstone Hotel on Tuesday evening.

"I wanted to read at this condo building. I came to Canada not knowing anyone. I was a complete stranger and they welcomed me. My new life started here. The residents in this building were the first set of people who made life possible for me and my family," said Bhatt, his voice choked with emotion.

"My idea was not to come to Canada to become a security guard. I wanted to come back to show what I have become today, that I've lived up to that expectation. This is a bit of a homecoming for me."

The Heath St. condo was also an apt venue for the occasion because this is where Bhatt first conceived of the idea for his book and started crafting the story while working the graveyard shift guarding the building and protecting its residents.

"I had nothing else to do. You read but you need to do something else" to keep yourself occupied and engaged, said Bhatt, 54, a former journalist who had also previously worked as a media adviser and trade officer for the U.S. Consulate in Mumbai.

Upon his arrival in Canada, Bhatt took a one-year journalism program at Sheridan College, while working as a security guard, with the hopes of getting back into his profession. But it was a tough task, with every door closed to him despite delivering more than 500 resumés to prospective employers.

> **People do not accept you for who you are and you have to constantly prove yourself.**
> Mayank Bhatt

Finally, in 2009, he met someone from Mumbai who tipped him off to an opening at the Indo-Canada Chamber of Commerce, where he eventually landed an office job.

At that point, Bhatt had already completed a short story — which would become the first chapter of his future book — and showed it to some of the residents at 260 Heath. One of them urged him to submit it to the Diaspora Dialogue, a mentoring program that matches up immigrant writers with established Canadian authors.

Tenant Myrna Freedman said she was impressed by Bhatt's intelligence, command of English, gentlemanly demeanour and how well-read he was when she first met him on the job. To see him become a published writer in such a short span of time "is just wonderful," said the retired high school English teacher.

Residents listen as Mayank Bhatt reads from his book Belief on Nov. 13. COLE BURSTON/TORSTAR NEWS SERVICE

"I'm so proud of him and so impressed that his book is carried by Indigo and Amazon. They just don't take any book."

Bhatt worked under the wing of award-winning writer M.G. Vassanji for three months. The experience inspired him to enroll in a creative writing course at Humber College in 2010.

For years now, Bhatt gets up at 4:30 a.m. and writes for two hours before he leaves for work. On weekends, he spends eight hours in front of his computer, writing. He wrote and revised his novel countless times before taking it to publishers.

Getting one's writing published is hard, but it's even harder for newcomers who lack the professional and social networks to get a foot in the door.

Belief — which covers the nuanced journey of an immigrant family in Canada and the issue of radicalization — came out in September and has already garnered a favourable review in Quill & Quire.

"Bhatt's illuminating, plain-spoken novel could be instrumental in generating substantive discussion about the immigrant experience in a country that is still a long way from understanding what that really entails," the review says.

Bhatt made it clear the novel is by no means a reflection of his personal life but it does capture the observations he has made of other newcomers he's met.

"On one level, Canada welcomes everyone here with the opportunity to grow and prosper, but on another level, there is a lack of cultural acceptance," Bhatt said. "People do not accept you for who you are and you have to constantly prove yourself."

That was always what motivated Bhatt to get his book published. "I had to prove to others that I can do this. When you take up something you want to do in Canada, it's not going to be easy, but you just can't give up."

TORSTAR NEWS SERVICE

With growth, development and added density a major part of Toronto's future, urban planner Sean Galbraith thinks it's time residents learned more about the city planning process.
TORSTAR NEWS SERVICE FILE

'People want to be engaged'

URBAN PLANNING

'Planning and pizza parties' idea gets huge response

Luke Simcoe
Metro | Toronto

When Sean Galbraith set out on a mission to talk to everyday Torontonians about city planning, he wasn't sure if anyone would want to listen.

Turns out his upcoming "planning and pizza parties" may be one of the hottest tickets in town.

"People want to be engaged and they want to have a positive impact in their neighbourhoods and knowing how the planning process works is part of that," Galbraith said, noting more than 100 people have expressed interest in attending.

Sean Galbraith. TWITTER

With jargon like "height limits and gross floor areas," Galbraith says planning has become unnecessarily "opaque," preventing the public from engaging with it.

He wants to change that.

"Some of these planning documents have a massive influence on our lives, but no one understands them outside of the planning profession," he said. "So I thought I'd experiment and see if people want to learn more about the ins and outs of planning."

Galbraith plans to start with the basics, like how to read development signs in your neighbourhood or explaining the difference between the city's official plan and its zoning bylaws.

Ultimately, he hopes a little education can help combat the "NIMBY" opposition to development. With so many people moving to the city — the downtown is expected to nearly double in population by 2040 — growth needs to be managed, not stopped, he said.

"Having a public that understands planning on the whole is a good thing," he said. "Hopefully, it can lead to understanding of why saying 'maybe' instead of 'no' is a better response."

The exact dates for Galbraith's get-togethers are still being finalized. Space is limited, but anyone interested can follow him on Twitter at @PlannerSean.

Community activist charged with assault

Andray Domise, a regular Maclean's magazine columnist, vocal community activist and one-time electoral opponent of Rob Ford, has been charged with assault.

The 36-year-old is accused of assaulting Toronto photographer Chantal Denne three times between March and September 2015, court documents show. Domise is also charged with mischief for damaging Denne's cellphone.

None of the allegations has been proven in court. Mitchell Worsoff, Domise's lawyer, said the social commentator "vigorously" contests the charges and maintains his innocence.

Domise received ample media attention during the 2014 municipal election, when he ran in Ward 2 against Rob Ford, who was vying for his old council seat after he was diagnosed with cancer and dropped out of the mayoral race. He lost the election to Ford by more than 10,000 votes, reaping 8.2 per cent of ballots cast.
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Andray Domise. TORSTAR NEWS SERVICE FILE

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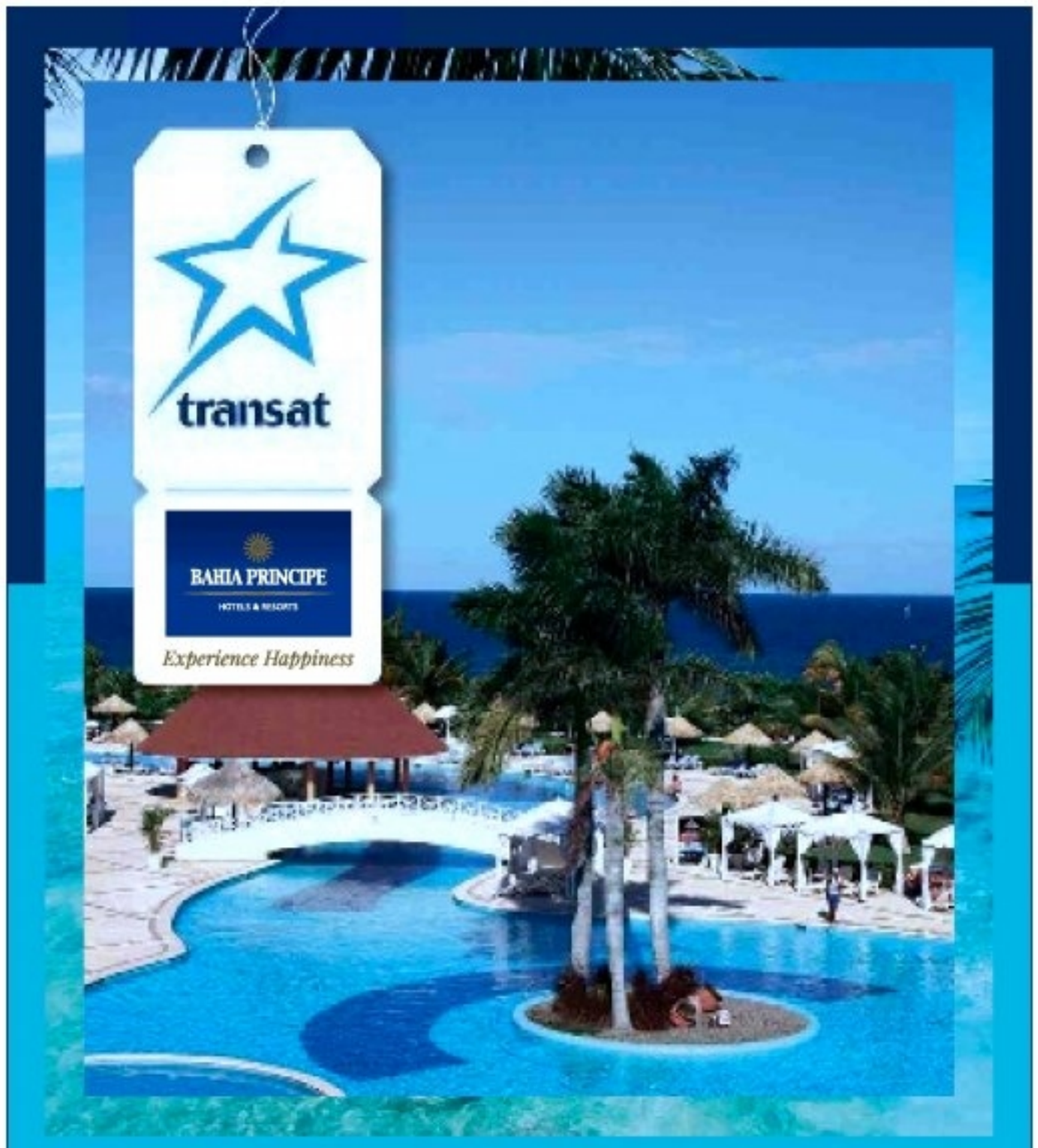

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Teacher Christian Fazzini and student members of the Health Action Team see St. Raphael Catholic School as an ideal spot for walking as it's in a residential area. EDUARDO LIMA/METRO

Student walking program a 'win-win'

SCHOOLS

Initiative good for traffic and kids' health says teacher

May Warren
Metro | Toronto

A blast of cold winter weather didn't stop St. Raphael Catholic School student Ryan Walsh from getting to his classroom by foot Monday morning.

The 12-year-old walks "to and from school every day rain or shine" as a student leader of a program aimed at getting other kids to get to do the same.

And, he's seeing results.

Since the program started in September, the number of students walking to or from school has already increased by nine per cent — up from 24 per cent in May 2016 to 33 per cent in October, according to a recent school survey.

"When we tabulated the numbers it was incredible," teacher Cristian Fazzini said of the initiative, which he said could act as a model for other schools.

But the phys-ed teacher was not exactly shocked. Even before the numbers were counted, he'd noticed a dip in the number of cars around the school and kids taking the bus.

The program, spearheaded by the student Health Action Team, is meant to get kids exercising, as well as increase safety around the school zone by cutting down on cars.

It's a small but successful step to reverse a larger trend. The number of kids walking to school in Toronto has dropped 14 per cent over the last 30 years, according to a recent Metrolinx study.

At St. Raphael, students like Walsh have been busy handing out kid friendly incentives, like stickers, and having organized walk to school days on the last Friday of every month. Efforts will continue over the winter, even though Fazzini expects a slight drop in numbers as the mercury dips.

A STEP FURTHER

Fazzini plans to give pedometers to all the Grade 6 students next year to conduct a "mini research project."

He wants to see if their standardized tests scores will improve if they walk more.

The idea is based on science that shows a correlation between increased physical activity and better grades.

Walsh has also been encouraging kids to walk on the daily announcements.

"It's just an amazing feeling. I never thought that we'd make such a change, when we just started from nothing," he said, adding he's been a walking evangelist since the Grade 3.

Not only does walking mean fewer cars on the road and less pollution "it's the most basic form of exercise," Walsh said.

"So it's a win-win."

CONSTRUCTION

Developer backs off school-yard plan

A Toronto developer has backed away from plans to use part of the schoolyard at John Fisher Public School while it builds a highrise apartment next door, steps away from 500 young children. KG Group had been quietly negotiating a deal with the Toronto District School Board to use a parcel of John Fisher property as a construction "staging area" during the three to four years of its project on a small lot adjacent to the school, set to begin in 2017.

But parents, worried about the health and safety of their kids and upset that terms of any deal would not be made public, had been up in arms. After discovering earlier this month that the board was to vote on a proposed agreement this Wednesday, they opposed the plan at a recent trustee meeting, launched an online petition and spoke out to the media.

Parents expressed relief but said they will continue to push the city and the developer for more information and consultation. "My theory is it's going to be a long process," said Stavros Rougas, whose son Aristotelis is in Grade 2 at the French immersion school.

Stavros Rougas, right, stands with his son Aristotelis Rougas. TORSTAR NEWS SERVICE

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UNJUNKING YOUR BODY

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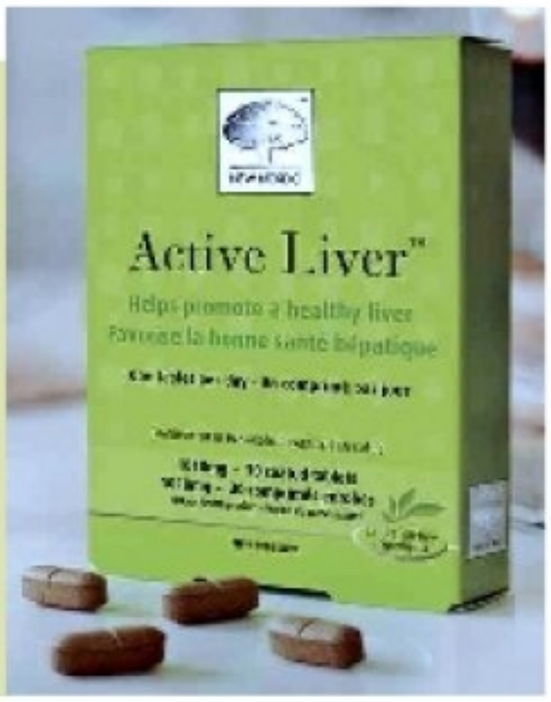

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> "The amalgamation was a forced marriage against our will. It's time for us to get a divorce."
>
> Coun. Glenn De Baeremaeker

They want out

CITY POLITICS

Scarborough man leads call for secession from Toronto

Gilbert Ngabo
Metro | Toronto

A nascent separatist movement is brewing in Scarborough.

Real estate agent Robert McDermitt's Free Scarborough Campaign may still look like a one-man show with his online petition calling for secession sitting at slightly more than 50 signatures. But, McDermitt told Metro he's collected nearly 3,000 signatures from door-to-door canvassing with the help of volunteers.

His plan is to get as many people on board as possible before starting to engage municipal and provincial politicians.

McDermitt started the campaign because he believes amalgamation has been a "dismal failure" and led to high taxes and poor services for the former borough.

"While people in Scarborough are interested in garbage collection, transit and fixing our roads, people in downtown Toronto are interested in waterfront development, social services and culture," McDermitt wrote on Facebook.

The separatists have found a sympathetic ear in Scarborough Centre Coun. Glenn De Baeremaeker.

De Baeremaeker told Metro that downtown interests are trumping the needs of Scarborough residents. For example, he said, nine out of 10 Scarborough councillors voted for the subway extension — which was eventually approved — but those from downtown voted for the LRT option.

"People in downtown are deciding what's best for us, while they have spent zero time in Scarborough," he said.

Zack Taylor, a political science professor at Western University, called the idea of de-amalgamation "almost nonsensical."

"To a larger extent we were already amalgamated before amalgamation," he said, noting Metro Toronto was already spending about 77 per cent of its budgeting on major issues such as housing across all former municipalities.

The suburbs may have lost some degree of autonomy by not having their own councils and decision-making bodies, but they've also benefited from downtown's standards of services such as snow removal and garbage collection, he said.

And the suburbs will continue to have their power represented at city council, even after the newly proposed increase of downtown wards, said Taylor.

"I think it's an impossibility" for Scarborough to separate, he said. "If it was going to happen, it wouldn't be just Scarborough. You'd have to blow up the whole thing."

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Customer info leaked from pot dispensary

HEALTH

WeeMedical says a former employee took documents

A customer of a medical marijuana dispensary in downtown Toronto says he feels his privacy has been violated after forms containing users' contact and medical information was sent to Torstar News Service by an anonymous source.

"It's hard to say if I will (go back)," said the customer, who asked that his name not be used.

The forms, which belong to the B.C.-based WeeMedical Dispensary Society franchise chain, detail the names, addresses, phone numbers, emails, health problems and marijuana of 14 medical marijuana users.

Mailed to Torstar News Service in a manila envelope, the forms were accompanied by a letter saying the source found them in a transparent bag on the curb outside the WeeMedical dispensary on Queen Street West, near Spadina Avenue.

"This is evidence that marijuana distribution should not be left to private businesses who are not aware of confidentiality," the source wrote.

Angus MacAskill, a spokesperson in WeeMedical Dispensary Society's corporate office in B.C., said the idea that forms were left on the curb was "a complete and total falsehood."

WeeMedical marijuana dispensary is located in the basement of WeeMedical Glass and Gift on Queen Street West, near Spadina Avenue. TORSTAR NEWS SERVICE

"There was a disgruntled employee that left and stole a variety of medicine and information from our company while he was being let go," he said in an email.

"Patient information is held at an offsite secured location," he added in a separate email.

MacAskill said WeeMedical filed a police report over the alleged document theft. He would not reveal the name of the disgruntled employee.

Toronto police were unable to confirm whether WeeMedical filed a police report.

An employee of the Queen Street West dispensary location said she typically puts used forms in a recycling bin behind the shop counter, and does not know what her manager does with them after that.

Torstar News Service contacted all 14 WeeMedical customers whose information was contained in the forms.

One said he felt his privacy had been violated; another said he did not care. Two declined to comment and the rest did not return calls or emails.

Brian Beamish, Ontario's information and privacy commissioner, said personal health information contains intimate details of a person's life, which could be embarrassing if revealed.

"When you're dealing with people's information, whether it's health information or not, you should manage it responsibly," Beamish said.

"If they're retaining the documents, their responsibility, then, would be to ensure that they're stored in a secured location. That can be on site or that can be offsite. The bottom line is you have to manage the records securely."

In August, two teens were charged after the Queen Street West location was robbed at gunpoint. Toronto police said a "large quantity" of marijuana and cash were taken in the robbery.

The only legal providers of medical marijuana in the country are those licensed by Health Canada. Storefront dispensaries are illegal under current Canadian law, said City of Toronto spokesperson Tammy Robbinson.

The WeeMedical franchise locations on Eglinton Avenue West, near Dufferin Street, and on St. Clair West, near Bathurst Street, were raided by Toronto police in May, during a city-wide sweep of illegal dispensaries. TORSTAR NEWS SERVICE

Suzan Zreik was in her kitchen when what she believes was a police bullet went through a window and lodged into her side. CHRIS SO/TORSTAR NEWS SERVICE

INVESTIGATION

Woman hit by police bullet seeks justice

The Mississauga woman struck by a stray police bullet while standing in her kitchen is seeking a judicial review of the police watchdog decision not to lay a criminal charge against the unnamed Peel police officer who pulled the trigger.

The unconventional legal move is the latest attempt by Suzan Zreik, 23, to learn the identity of the Peel Regional Police officer she alleges should face a charge of criminal negligence causing bodily harm for firing a gun in busy residential complex — sending a bullet careening through Zreik's kitchen window and into her back, one inch from her spine.

Court documents filed in court Friday seeking the judicial review also make new allegations that Peel officers questioned Zreik immediately after she was discharged from hospital.

This despite the fact that Ontario's independent police watchdog, the Special Investigations Unit (SIU), had already taken over the investigation, triggering provincial regulations banning the involvement of police officers in order to protect independence.

Michael Moon, Zreik's lawyer, says the officers should be charged with interfering with a criminal investigation.

"(The SIU director) has the power to charge these officers," he said. "If there's no accountability, what's going to stop them from doing this over and over again?"

Peel Regional Police spokesperson Sgt. Joshua Colley confirmed Zreik was interviewed by Peel police prior to the SIU investigators. But he says that, at the time of Zreik's interview, officers were in the early stages of an attempted murder investigation involving the three police officers as the victims. Monica Hudon, spokesperson for the SIU, said the watchdog could not comment "as the matter is currently before the courts." TORSTAR NEWS SERVICE

Do you think that you may be suffering from anxiety or depression?

As the days get shorter and nights get longer, this seasonal change is bound to affect our mood. But what if this change is a sign of a bigger issue? Join **Dr. Jonathan Prousky, ND** for a free information session at the Robert Schad Naturopathic Clinic (RSNC) that will discuss:

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Register now: rsnc.ca/anxiety

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Speaking up for the homeless

REPORT

Canucks call for more affordable housing from the government

Canadians are calling for a collaborative, strong and innovative national housing strategy to eliminate homelessness across the country.

They want a plan that boosts the country's affordable housing stock and employs new financial solutions to improve the living conditions of vulnerable people, including indigenous communities. Government, participants say, must also set clear outcomes and targets, collect data, and examine existing laws and policies to ensure fair access to safe and affordable housing.

Those were some of the key themes identified through a four-month-long, countrywide consultation and summarized in a report released on Tuesday, entitled What We Heard: Shaping Canada's National Housing Strategy.

"Canada needs a National Housing Strategy as a vehicle for social inclusion," Minister Jean-Yves Duclos said in a written statement in the report.

"Affordable housing can connect individuals with the facilities and services they need to build secure, productive and meaningful lives for themselves," said Duclos, Minister of Families, Children and Social Development.

Close to 7,000 Canadians weighed in through focus groups, surveys, reports, and written opinions. The government pledged to use all input to develop the recommendations for the final strategy, expected to be released in early 2017 and to continue consultations with indigenous communities to make sure housing needs are met in cities, as well as in remote locations and on reserve.

The report was released on National Housing Day, an annual event created after the Toronto Disaster Relief Committee declared homelessness was a national disaster, in 1998.

Today at noon, advocates, politicians and people who have experienced homelessness will gather at the Church of the Holy Trinity, to speak to the need for a strong national strategy and remember the men and women who died in Toronto because of homelessness. City of Toronto numbers document 217 deaths between 2015 and 2007, but those figures do not count people outside the shelter system.

The high cost of housing in Canada largest cities, was also identified as a top concern, as was building a stronger affordable housing sector, social housing renewal and more access to subsidized housing.

TORSTAR NEWS SERVICE

Protesters marched from Queen's Park in support of the National Housing Day of Action on Friday.
BERNARD WEIL/TORSTAR NEWS SERVICE

> **Canada needs a National Housing Strategy as a vehicle for social inclusion.**
> Minister Jean-Yves Duclos

EDUCATION

Aerospace campus coming to air base

Centennial College will build a new aerospace campus at the old Downsview air force base with $44.2 million from the federal and Ontario governments, better linking students with the industry.

"We're trying to break down the barriers," Premier Kathleen Wynne said Monday in announcing the funding with federal Science Minister Kirsty Duncan.

Ontario taxpayers are providing $25.8 million toward the $72-million project slated to open in 2019, with the federal government ponying up $18.4 million and Centennial College and other donors making up the remaining $28 million.

The campus will include the historic de Havilland building — where 1,000 lightweight two-engine Mosquito bombers were made during the Second World War. "You could say this is hallowed ground," said Centennial president Ann Buller, who added the campus at Downsview Park just east of Keele and Sheppard will help "good jobs flourish in a part of the city that needs them."

$25.8M

Amount of money the Ontario taxpayer will be contributing to the $72M project.

The location will help Centennial's aerospace program, now operating in cramped quarters in Scarborough, strengthen already close ties with aircraft manufacturer Bombardier, Buller told about 100 students, educators and aerospace industry members gathered at the old air force base that closed in 1996.

The college will triple the number of students in its aerospace program with the new quarters, Duncan said. That will boost the country's and the province's reputation for being part of the "knowledge" economy, added Wynne, who will tout the project on a trade mission to Asia later this month.

"If we're going to punch above our weight, we have to innovate," the premier said. "It will incubate and grow well-paying job."

The campus was hailed as a "first step" toward the creation of a better "hub" of aerospace activity in the area by Andrew Petrou, executive director of the Downsview Aerospace Innovation and Research consortium of educational institutions and companies. TORSTAR NEWS SERVICE

BUDGET

Sousa asks public for new proposal ideas

You could call it Budgety McBudgetface. Finance Minister Charles Sousa has launched an online budget contest with a $3-million prize. But the winners don't get to keep the money.

As part of his annual budget consultation, Sousa announced Monday he is seeking suggestions from the public on up to eight new proposals that would be included in his spending plan, which is expected next spring. As much as $3 million of a budget that will eclipse the $136-billion mark will be earmarked for the new projects in one-time funding. The most any single initiative would receive is $1 million.

Sousa insisted there is little risk of a reprise of the online fiasco in Britain where 124,000 people voted to call a new polar research ship, Boaty McBoatface. Embarrassed officials overruled the survey to rename the vessel after naturalist David Attenborough.

"There are those that are going to want to put something practical, something substantive, before government that can be reflected in the (budget) document, something that speaks to them," said the treasurer. "If someone tries to hack it or ruin it for everybody else, I think the system will keep them in check for sure," he said.

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Ontario Finance Minister Charles Sousa. THE CANADIAN PRESS

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Soccer netting youth

SPORTS

Success of pro clubs bringing more kids out to the field

Gilbert Ngabo
Metro | Toronto

When Toronto FC hosts the Montreal Impact on the second leg of the MLS Conference Finals later this month, more than 100 kids from the North Toronto Soccer Club will be cheering them on.

And with any luck, local coaches say some of those young fans could one day make the trip from the stands to the pitch.

The growing number of young faces at BMO Field is a sign that Toronto FC's success is inspiring the next generation of Canadian soccer players, say local coaches.

The North Toronto Soccer Club budgets enough money to send about a thousand kids to regular season TFC games. But, the upcoming playoff game on home turf is an extra expense because, well, "no one knew they would make it this far," said the club's general manager Doug Blair.

Toronto's soccer team has put on the extra miles this year making it all the way to the conference finals, which start Tuesday against Montreal. If they can win the two-game series, they'll make a maiden trip to MLS Cup Final.

Tuesday's game marks the first time two Canadian teams have met in the Conference Finals, guaranteeing a team from Canada will have a chance to vie for the game's biggest trophy.

Both teams' unprecedented success has led to more community interest in soccer, said Blair, noting the numbers at his club have been growing steadily in recent years.

The club now counts more than 5,500 regular members.

"It's the same with the Blue Jays or the Raptors," Blair said. "Kids like to identify with professional players. The more exposure the pro team gets, the more inspiration it sends to the community."

Unlike other local sports teams — from the Raptors to the Blue Jays — Toronto FC has a sizable number of Canadians on the roster at nine and many of them even call the GTA home.

Soccer fans in Toronto are hoping the team's success will inspire the next generation of players, meaning future incarnations of TFC could boast even more homegrown players.

"There's no question soccer has finally established its place on the Canadian sports stage," said Paulo Hurtado, academy director and coach at Soccer Club of Toronto.

"As coaches, our role is to create the right environment for the kids to succeed, get scholarships and make it to the pro either here or abroad."

Toronto FC and Montreal Impact are in no way strangers, having met up five times this year. They'll meet again in the first leg of the Eastern Conference finals Tuesday night in Montreal. TORSTAR NEWS SERVICE FILE

RIVALRY

Last year, Toronto FC's first appearance in the playoffs was cut short after Montreal eliminated them in the first round. TFC fans are surely hoping for a little revenge this year.

Brad Gallant
TORSTAR NEWS SERVICE

INDIGENOUS CANADIANS

Change team names: Parent

A Toronto-area man who filed a human-rights complaint against an Ontario city in an effort to prevent local hockey teams from using indigenous names and symbols said Monday that he doesn't want his children to grow up feeling ashamed of their heritage.

Brad Gallant, a member of the Qalipu Mi'kmaq First Nation, brought his complaint against the City of Mississauga, saying it should not provide funding to teams with racially insensitive names and logos, like the Mississauga Chiefs or Lorne Park Ojibwa.

He also wants the city to remove banners featuring the teams' names and logos from municipal buildings, arguing they contribute to a harmful and discriminatory environment.

Gallant's case came before the Human Rights Tribunal of Ontario on Monday, where he argued the team names and logos demonstrate institutional racism.

"The logos perpetuate racism against indigenous people that is more pervasive than most people really understand," he told the tribunal, calling the images caricatures meant to suggest inferiority.

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Canadian military: It 'has to change'

COURT

Lawsuit claims bullying, sexual assault of military women

Haley Ryan
Metro | Halifax

A Nova Scotia woman leading a proposed class action lawsuit is hoping to "incite some change" after speaking up with personal and graphic allegations of misogyny, sexual harassment and assault in the Canadian Armed Forces (CAF).

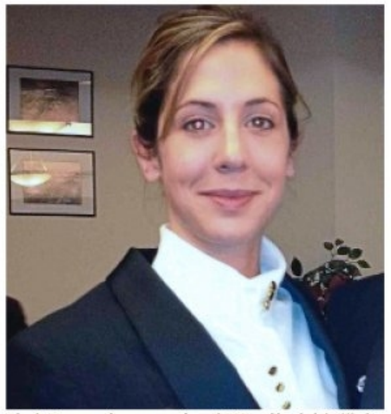
A statement of claim against the federal government was filed Monday with the Nova Scotia Supreme Court by Halifax-based lawyer Ray Wagner, saying the Attorney General of Canada is vicariously liable for the alleged misconduct.

"It almost feels like it's the norm for the military and that's not right. It has to change," Glynis Rogers, lead plaintiff and former CAF member, said in an interview Monday.

Rogers, from Yarmouth, is the only plaintiff now but if the case proceeds the class could include any women who claim similar treatment.

After enrolling as officer in the CAF out of high school in 2006, Rogers attended the Royal Military College (RMC) in Kingston, Ont. The allegations happened in her time at RMC, the claim reads, job training in Greenwood, N.S., and at CFB Borden in Ontario when Rogers was in the aerospace engineer officer basic course.

The suit alleges Rogers encountered persistent and systemic gender-based discrimination, bullying and harassment from male members, especially during training.



Glynis Rogers, a former member of CAF and lead plaintiff of the class action suit. CONTRIBUTED

CRIME

Restorative justice has a real impact

Yvette d'Entremont
Metro | Halifax

Carolyn Stewart and Meghan Peters sat together Monday morning, chatting like old friends.

They were nervously waiting to speak with reporters following a press conference about the expansion of the province's restorative justice program.

The pair got to know each other after Stewart broke into Peters' café in Antigonish about a year ago. They opted to participate in adult restorative justice.

"I wanted to meet the woman who broke in and so I asked the police officer who arrested her if there was any way I'd be able to meet her and he said, 'Actually, there is,' and he spoke to the Crown," Peters recalled.

"I had so many questions. Why? How? And she answered them and I saw that she was very, very remorseful and that it was just a mistake."

STREETS

Homeless' backpack heads to Vancouver

Jen St. Denis
Metro | Vancouver

A backpack designed specifically for the homeless and already distributed to 35,000 in the United States is heading to Vancouver.

A charity called CityPak and Wolfe Auto Group, a vehicle dealership based in Surrey, have partnered to distribute a total of 750 backpacks in Vancouver and Surrey.

"It's made of ballistic nylon, it's very, very weather resistant," said Ron Kaplan, founder of CityPak. The backpack is designed to be rain and theft-resistant, with a strap that can be worn around the wrist or ankle, and Velcro closures that would alert the wearer to an attempted theft.

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Slow Braised Pot Roast Puttanesca

Ingredients
- 3 to 4 lb (1 1/2 to 2kg) beef chuck roast, trimmed of excess fat
- Salt and freshly-ground pepper
- 3 (45ml) Tbsp olive oil
- 1 cup (250ml) dry red wine
- 1 cup (250) beef stock
- 530ml (550g) Authentica World Cuisine Puttanesca Sauce
- 2 onions, quartered
- 8 carrots, diced into 1-inch (2.5cm) cubes
- 2 celery sticks, 1/2-inch thick sliced
- 2 cups (500ml) button mushrooms
- 2 bay leaves

Instructions
Season the roast with salt and pepper. Heat the olive oil in a Dutch oven over medium-high heat. Add the roast and sear on all sides until brown. Scatter the vegetables and add the bay leaves. Saute until the onions start to become translucent. Add the red wine, beef stock and the Puttanesca Sauce. Bring to a boil, then reduce heat to low. Simmer for 3 hours, basting every hour with the sauce, until the beef is fork tender.
Remove the roast, slice and arrange on a warm serving platter. Garnish with the vegetables. Serve with the sauce.
Serves 6 to 8

Trump to kill off trade deal

ECONOMY

President-elect vows to take executive action on day 1

President-elect Donald Trump has pledged to begin the process of withdrawing from the Trans-Pacific Trade Partnership on his first day in office.

In a video released on YouTube Monday, Trump attacked the 12-nation pact, which is aimed at removing barriers to trade and is awaiting ratification after seven years of negotiations, promising to replace it with a series of individual deals.

Trump outlined his plans in a YouTube video YOUTUBE.COM

It will be part of a series of "executive actions we can take on day one," the incoming U.S. president said.

He said he will "issue a notification of intent to withdraw from the Trans-Pacific Trade Partnership, a potential disaster for our country."

He continued: "Instead, we will negotiate for bilateral trade deals that bring jobs and industry back onto American shores."

Trump also said he will begin his term of office by cutting restrictions on some types of energy production, including shale gas and coal.

Earlier, Japanese Prime Minister Shinzo Abe said the TPP would be "meaningless" without the United States.

Abe spoke after attending a weekend meeting of Asia-Pacific leaders in Peru at which some said they might seek to modify the 12-nation TPP pact to make it more appealing to Trump, or seek to implement it without the U.S. But Abe discounted the idea of going ahead without American participation.

"TPP is meaningless without the United States," he said at a news conference during his official visit to Argentina.

METRO WITH FILES FROM THE ASSOCIATED PRESS

'Little rascal' Prince George and his father Prince William at Government House in Victoria, B.C. in September. THE CANADIAN PRESS

Parenting 'quite a change' for William

Prince William has spoken about fatherhood, revealing he's just like regular parents and has "struggled at times."

The royal, who was on a two-day trip to Vietnam to raise awareness about illegal wildlife trade, gave a lengthy interview to Talk Vietnam.

As well as discussing wildlife protection in a recent interview, he spoke about his wife, Kate Middleton, and his two children, Prince George, 3, and Princess Charlotte, 1.

"There's wonderful highs and there's wonderful lows," Prince William said of parenthood. "It's been quite a change for me personally. I'm very lucky in the support I have from Catherine. She's an amazing mother and a fantastic wife."

"But I've struggled at times," he added. "The alteration from being a single, independent man to going into marriage and then having children is life-changing. I adore my children very much and I've learned a lot about myself and family just from having my own children. It's amazing how much you pick up just in those moments."

The Prince spoke about his son George, calling him "a little rascal," who "keeps me on my toes."

"But he's a sweet boy," Prince William added.

He also talked about his daughter Charlotte. The Prince, who grew up with his brother Prince Harry, did not have any sisters, and said "having a daughter is a very different dynamic. So I'm learning about having a daughter … but it's wonderful and fantastic."

TORSTAR NEWS SERVICE

JAPAN

Fukushima on alert after quake

Japan has lifted a tsunami warning for its northeastern coast nearly four hours after a powerful offshore earthquake.

A tsunami advisory for waves of up to 1 metre (3 feet) remains in place for much of the Pacific coast.

The earlier warning was for waves of up to 3 metres (10 feet). The Japan Meteorological Agency had urged residents to flee quickly to higher ground.

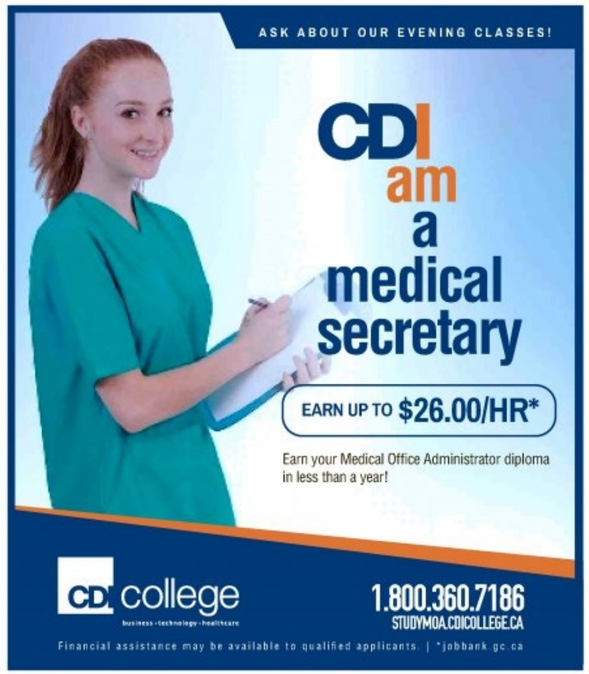
The largest wave recorded was 1.4 metres (4.6 feet) at Sendai Bay.

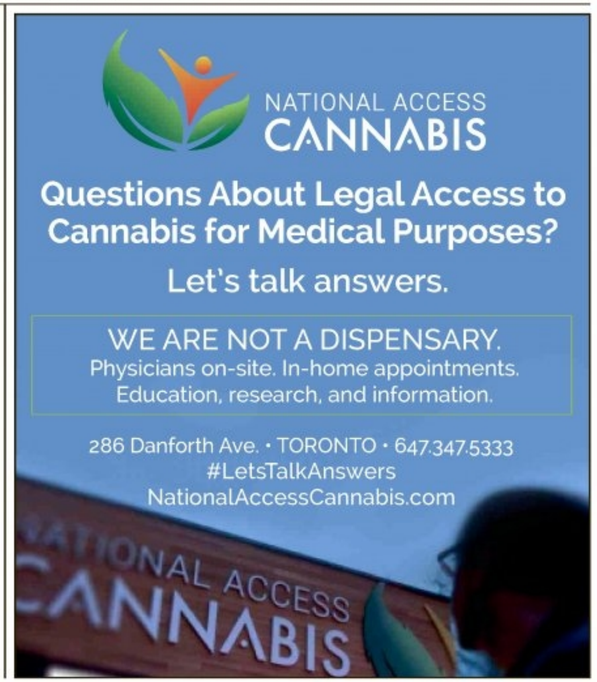
Fukushima prefecture is home to the nuclear power plant that was destroyed by a huge tsunami following an offshore earthquake in 2011.

The operator of the Fukushima Dai-ichi plant said there were no abnormalities observed at the plant, though a swelling of the tide of up to 1 metre has been detected offshore.

Plant operator TEPCO said a pump that supplies cooling water to a spent fuel pool at the nearby Fukushima Dai-ni plant stopped temporarily, but that it was working again. The Tokyo-based utility is investigating the cause.

THE ASSOCIATED PRESS





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BROADCASTING

Regulator tightens reins on TV providers

Canada's broadcast regulator renewed the licences of most TV service providers for one year, rather than the usual seven-year term, as it keeps a close eye on whether their basic cable offerings are keeping customers' interests and wallets in mind.

"We have the one-year licence renewal to have a watchful eye on the deployment of this next phase of the Let's Talk TV policy," said Scott Hutton, the CRTC's executive director of broadcasting.

The Canadian Radio-television and Telecommunications Commission's so-called skinny basic TV policy goes into full effect on Dec. 1.

Since March 1, TV service providers have had to offer customers basic cable packages at no more than $25 monthly, and allow them to add on extra channels individually or through pre-packaged bundles of up to 10 channels. Starting in December, companies must offer both individual and small packages of channels to customers.

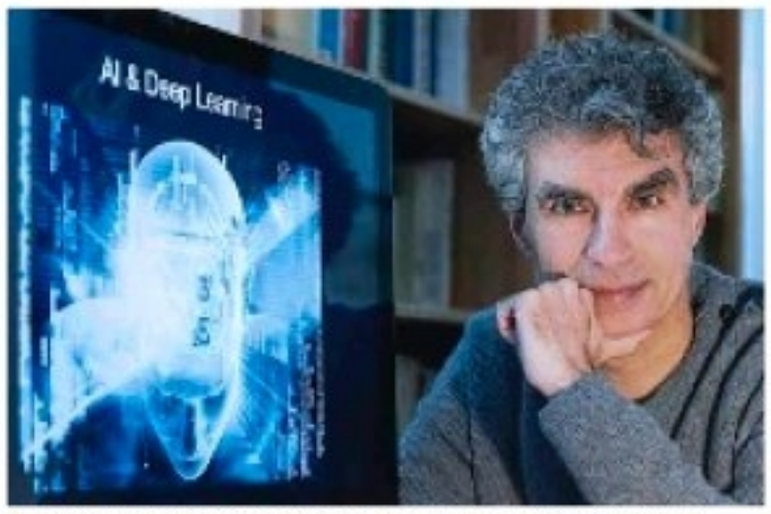
$25

The maximum TV service providers can charge for so-called skinny basic TV.

The regulator released a set of best practices Monday "to ensure that there's some course correction," Hutton said. The CRTC said companies should give customers information on the soon-to-be available choices, offer online tools that will allow subscribers to add or remove channels easily and provide different options for obtaining a set-top box, among other things.

The regulator will evaluate how well the TV service providers adhere to these practices, as well as other compliance issues, when their licences are set to expire next year.

THE CANADIAN PRESS



Computer Science professor Yoshua Bengio says artificial intelligence "will affect pretty much every economic sector."

THE CANADIAN PRESS

Tech giants investing in Montreal

ARTIFICIAL INTELLIGENCE

Google sees city as 'super-cluster' of knowledge

Artificial intelligence, once relegated to the realm of science fiction, is now found in everything from translation services to virtual assistants to video games.

And as companies race to develop self-driving cars and offer increasingly personalized online experiences, they're building on research that was largely pioneered by a group of Canadian researchers who are still attracting plenty of attention and investment dollars.

Montreal, in particular, has developed a concentration of expertise in the area of AI, largely thanks to the efforts of Universite de Montreal professor Yoshua Bengio, head of the Montreal Institute for Learning Algorithms (MILA). "(AI) will affect pretty much every economic sector; right now is just the tip of the iceberg," Bengio said.

"One of the things we are going to see more of is how these technologies affect how we interact with computers."

As a result of its research, Bengio says the institute has attracted interest from "most of the major IT companies," some of which have also provided funding.

Now, tech giant Google is jumping in, investing $4.5 million over three years to support the institute's research, as well as opening an AI research group at its Montreal office.

This comes on the heels of the Canadian government announcing an investment of more than $200 million in three Montreal universities — including Bengio's — to create a learning hub to explore artificial intelligence and big data.

Shibl Mourad, the head of engineering for Google's Montreal office, says the company hopes to help turn the city into a "super-cluster" of AI knowledge that will attract corporate investors, burgeoning startups and researchers.

The lab Bengio leads is one of the largest in the world dedicated to studying Deep Learning, one of the underpinnings of AI.

THE CANADIAN PRESS

IN BRIEF

Wind changing its name
Wind Mobile is changing its name to Freedom Mobile and upgrading its network. The company said it's rolling out LTE service starting with Toronto and Vancouver on Nov. 27, followed by Ottawa, Calgary and Edmonton by the summer.
THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Tuesday, November 22, 2016

EMMA TEITEL ON GOOD CITIZENSHIP IN A NEW MEDIA AGE

We live in a state of social, technological and political flux. And like the 'poor devils' on Downton we appear to be acting like 'chickens with our heads cut off.'

This past week, when my wife Ella was sick with bronchitis and depressed about the victory of Donald Trump, she escaped into the soothing, low-stakes world of Downton Abbey.

Downton Abbey is a place where picking up the wrong fork at dinner is a sin on par with manslaughter, as is walking into the servants' quarters unannounced and wearing to supper what you wore to lunch.

Ella laughed hard when Mr. Carson, Downton's officious butler with a heart of burnished gold, struggled to use the telephone.

And she laughed again when Lord Grantham, the estate's patriarch, balked at his young niece Lady Rose's suggestion that Downton Abbey get (gasp!) a radio.

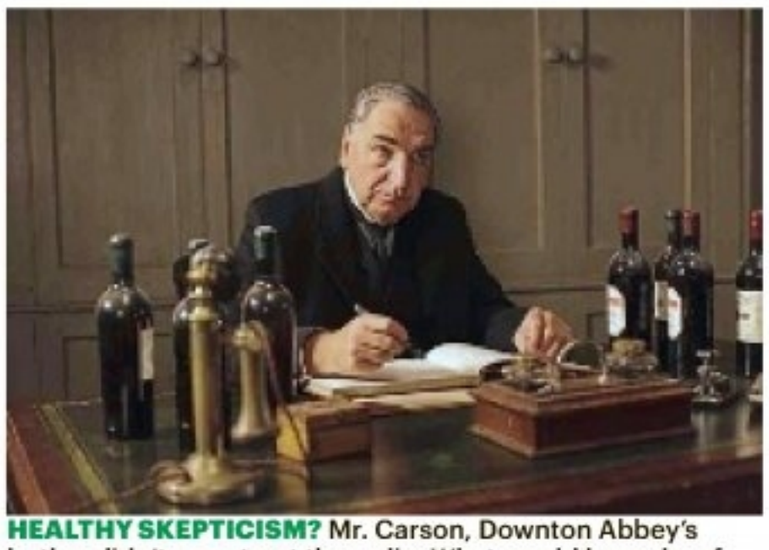
But I didn't laugh.

In fact, I couldn't laugh, not just because I had already binge-watched Downton Abbey ages ago, but because the apparently absurd, change-wary world it portrayed no longer struck me as quaint and escapist but as uncomfortably familiar.

The stretch isn't as hard as you might think. Like the characters on Downton Abbey (both upstairs and down) we too live at the relative dawn of a new century, in a state of social, technological and political flux. And like the "poor devils" on Downton (to borrow a phrase from Lord Grantham) we also appear to be navigating this new world like (to borrow a phrase from Mrs. Patmore, Downton's exasperated cook) "a bunch of chickens with our heads cut off."

We have a duty to our democracies and to future generations to brush up on our media literacy skills.

For proof of our own extreme cognitive dissonance, a hundred years post-Downton, look no further than the deluge of doomsday predictions and anxious monologues that continue to dominate our social-media news feeds day in and day out, partly the result of Donald Trump's improbable victory and the piqued conservative reaction to liberal anguish about that victory. But even more the result of the very revolutionary online media we've had to navigate, an innovation as problematic as, yes, the radio once was.



HEALTHY SKEPTICISM? Mr. Carson, Downton Abbey's butler, didn't even trust the radio. What would he make of Facebook? CONTRIBUTED

In fact the online universe is also instrumental in another development that might be even more troubling: This is the growing charge that phoney and fabricated news stories, consumed and shared en masse on Facebook, have begun to take a far greater role in deciding our elections and shaping our democracies than the legacy media institutions that ruled the 20th century.

In other words, Goodbye New York Times, Hello The Daily Currant, Breitbart and Clickhole. Today, nearly half of American adults get their news from Facebook, and a lot of that news, unknown to the people sharing it, originates from media sources that are not merely biased but often satirical, hyper-partisan and deliberately misleading.

If you don't think this is a problem, you either aren't on Facebook or you're a spokesperson for it.

Facebook, predictably, tried its very best this week to deny that it had an outsized influence on the U.S. election. According to a spokesperson from the social network, in a written statement to the Toronto Star, "While Facebook played a part in this election, it was just one of many ways people received their information — and was one of the many ways people connected with their leaders, engaged in the political process and shared their views."

In Facebook's defence, there are people around who still read print newspapers and listen to the radio, but this group (much like the lords and ladies of Downton Abbey in 1916) is a quickly dying breed. According to the American Press Institute, "Fully 88 per cent of Millennials get news from Facebook regularly, for instance, and more than half of them do so daily."

Given those statistics, here's hoping that they (i.e. we) take to heart the advice of Melissa Zimdars, a Massachusetts college professor, who recently compiled a list of phoney and misleading news sites that peddle half-truths, untruths and screaming headlines written specifically to get our goat.

If an online news story "makes you REALLY ANGRY," writes Zimdars in a Google Document she's made available to the general public, "it's probably a good idea to keep reading about the topic via other sources to make sure the story you read wasn't purposefully trying to make you angry (with potentially misleading or false information) in order to generate shares and ad revenue."

Amen. We have a duty to ourselves, to our democracies and to future generations to brush up on our media literacy skills. And we have a duty not to scoff at new media, as Lord Grantham and Mr. Carson scoff at the radio, or to kowtow to it (as they eventually do), but to use it subversively, with a healthy dose of skepticism, and to use it to share information responsibly.

This is nothing more than paying it forward. Before we know it, our great grandchildren will be escaping the madness of their own day (ahem, climate change) to indulge in TV dramas about the early 21st century, a time and place when their ancestors attempted something called "the mannequin challenge" and swallowed wholesale phoney news stories about the end of the world. Let's try not to give them too much material to roll their eyes at.

Emma Teitel is a national affairs columnist for the Toronto Star.

Renters, rise up! You're getting screwed

TORY'S TORONTO
Matt Elliott

Last week, the provincial government did what governments often do when they're concerned about their popularity: they announced a tax break for homebuyers.

People buying their first home in our hot housing market — where a half-million dollars maybe gets you a shoebox with a window — will now be eligible for an increased rebate of up to $4,000 on the provincial land transfer tax. Woo.

Announcing policies like this benefiting homebuyers or homeowners is a tried and tested political move. We've got special homeowner tax credits. There are a slew of programs designed to help people get and keep mortgages. And there's the constant drive to limit residential tax increases, even as transit fares and other fees go up.

And while all this attention is nice for homeowners like me, the endless government fretting about home ownership should leave renters wondering, hey, what about us?

Because, renters, you're getting screwed.

Even the provincial government seems aware that current policies are unfair to renters. In a footnote to last week's tax break announcement, they announced they would be temporarily freezing municipal property taxes on apartment buildings.

The reason? Apartment buildings pay a much higher property tax rate than single family homes. In Toronto, the multi-residential rate is more than twice as high as the residential rate. In virtually all cases, that extra tax gets passed on to tenants in the form of rent.

This has been an obvious injustice for years. But little has been done about it.

And the hits don't stop there. Ontario ostensibly has rent controls to limit how much landlords can increase rents each year, but those controls don't apply to buildings occupied after 1991.

Why 1991? Literally no reason! It's arbitrary, based on a piece a legislation implemented by Premier Mike Harris designed to encourage new construction.

That means if you live in a newish building, your landlord can, once a year, raise your rent by any amount.

This is alarming because renters are poorer than homeowners. According to the Canadian Mortgage and Housing Corporation, the median 2011 after-tax income for a homeowner in Toronto was almost double that of a renter.

Meanwhile, vacancy rates for the city are lower than two per cent, rents are rising, and deadbeat landlords are common enough that the city is looking at landlord licensing.

But still it's those who buy their homes who get the lion's share of government attention. If you talk to most politicians about this, they'll eventually admit it's because they believe renters don't engage in the political process. Thankfully, this is an easy stereotype to bust. Start by calling your local representatives. Tell them you're mad. Tell them you rent. And tell them you vote.

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ATHLETICS

Millennials say spending more on exercise is worth it

Megan Haynes
For Metro Canada

When fitness upends your budget

Carly Chow likes to move. The 30-year-old has done everything from juggling and burlesque classes, to samba lessons and pole dancing.

The sales and marketing professional also does flexibility/contortion classes (to help her get into the hard-to-reach splits for certain pole tricks), as well as lyra (hanging hula hoop dancing) and occasionally silk aerial classes. Sometimes she even sneaks in a game of dodgeball.

The array of aerobics helps her work on her upper body strength, and ensure the Albertan, who now lives in Toronto, can eat as much steak as she likes.

It's one reason the monthly price tag (approximately $140 for a subscription to her dance studio, $80 every two months for performance troupes, $45 for the occasional workshop, $15 for drop-in classes elsewhere, plus gear) doesn't turn her off.

She's not the only millennial dropping big bucks for fitness. The industry is growing — private gyms grew 5.6 per cent between 2011 and 2016, and is now a $3 billion industry, according to research firm Ibis. Millennials make up 40 per cent of aerobic activity participants (activities other than weights, running or biking), says Matthew Teeple, manager sports, at research firm NPD Group. Athletic clothing and footwear is also growing at a rate of seven per cent a year, he says, and millennials in particular make up 30 per cent of these purchases — or more than $2.4 billion annually.

Sensing the opportunity, higher-end specialized studios have been creeping into the market. Earlier this month, New-York based cycling studio SoulCycle announced it will bring its classes (approximately $34 US per class, plus $3 for clip-in shoe rentals) to Canada.

That may be pricey for some, but millennials overall want to lead "healthier" lifestyles and are willing to prioritize spending on it as a result, Teeple says.

Elijah Di Gangi, 28, has been a fitness buff for the past decade. The marketing professional estimates his gym membership cost to be $100 a month (although about half of it is subsidized by work), while supplements and vitamins add up to about $60 each month.

"I have no qualms with paying that amount. I think it pays for itself in how great I feel, and certainly I'd rather spend the money on bettering myself physically than drinking or squandering it on things I don't need."

Chow also is comfortable with how much she spends, and not just because of the fitness aspect. She appreciates the sense of community and the comfort level she develops with the teachers and fellow students at her classes.

"I like working out as a socializing activity — you can talk to your friends, make new ones," she says. "It's a safe environment and it's a supportive community."

Ottawa-based Jennica Fudge does four to five belly dancing classes a week, at an average cost of $135 a month. It's a creative outlet for the 29-year-old graphic designer, who also sees the dance classes as a way to connect with new people.

She says the cost isn't a concern — she has a pretty strict budget, and tries to stay well within it while continuing to meet her savings goals.

She also says she's frugal with the rest of her money.

"It's not like I'm going to go drop money on an expensive jacket," says Fudge. "And if there's one month I can't afford the class, then I don't go."

Carly Chow (above) and Jennica Fudge (right) spend about $2,000 and $1,000 a year, respectively, on classes. CONTRIBUTED

$ MONEY

Cut other monthly expenses to save in favour of fitness costs

When it comes to fitness, the key is to live within your means, says Shannon Simmons, a financial planner and founder of New School of Finances. Cut other recurring costs, like cable, or negotiating a smaller cellphone bill, to help balance the budget. Walking more or eating out less can also be healthy ways of saving money in favour of fitness.

Never let the cost of a membership — often a subscription that isn't seen — sit on a credit card, and never sacrifice savings goals for a quick work out, she says.

Finally, if you're paying for a gym class or membership, make sure to take full advantage of the workout.

MEGAN HAYNES/FOR METRO

Welcome to the age of prejuvenation

Dr. Cory Torgerson, a Toronto-based cosmetic plastic surgeon, said he's been seeing a trend of millennials coming in for preventative Botox. He started using Botox himself in his late 20s for the same reason. AZZURA LALANI/TORSTAR NEWS SERVICE

COSMETIC SURGERY

Hold the lines: millennials are turning to Botox earlier than ever

Some millennials keen on preserving their youth are turning to Botox to smooth away hints of creases on their faces before they become more pronounced.

A recent survey of American Academy of Facial Plastic and Reconstructive Surgery members reported a surge in patients under 30 getting "preventative Botox."

And it appears to be a broader trend. Toronto-based cosmetic plastic surgeon Cory Torgerson whose practice focuses on the face and neck said he's "definitely seeing" it.

"The (millennials) are cued in to preventative maintenance and are engaging in injectable cosmetic procedures more commonly in their 20s and 30s," said Torgerson.

In the U.S. survey, 64 per cent of members reported an increase in millennial patients getting injectable treatments or cosmetic surgery. The American Society for Aesthetic Plastic Surgery reported that Botox treatments for people between the ages of 19 to 34 shot up by 41 per cent between 2011 and 2015. The trend doesn't surprise Candace Shaw, a Toronto-based feminist and cultural commentator.

"We have such an image driven culture, so I can see why a lot of people, especially people who grew up in a culture where we have the Internet, we have Facebook, we have Instagram, are responding by saying, 'well, I want to look my best and in this culture my best is not having wrinkles,'" she said.

Gina Bourne, a 31-year-old OCAD student who also works as an executive assistant, started getting Botox when she was 29.

"(At the time) nobody I knew was doing it," she said. "I had these lines between my eyebrows and on my forehead and I just had been feeling like I was looking a little tired for a while."

Bourne did some research and found Botox, one of three products that stop muscles from contracting, pulling on the skin and creating wrinkles, was preventative, so she kept the treatments up. She thinks she'll do it for the rest of her life, she said, barring any advancements.

"I definitely feel that it's had a good result for me," she said. It feels smoothed out, said Bourne, adding she doesn't look tired and doesn't worry about going out without makeup on."

Dr. Sean Rice, a Toronto-based plastic and cosmetic surgeon, said many of his clients come in when they are "starting to see (wrinkles) and it's kind of freaking them out," he said, adding they use it as a prophylactic measure to "avoid getting wrinkles down the road."

It's not just the pre-creased millennial women who are smoothing the developing lines. Young men do too.

Torgerson estimates about 25 per cent of his millennial-age clients are men, while Rice says about 40 per cent of his are men.

Part of that is the greater pressure on women to look young.

"On the one hand it's a shame that people feel the pressure to take fairly invasive medical steps to avoid aging," said Shaw.

"But on the other hand I have to say, you know, I can't judge an individual for making a choice for what to do with their body."

TORSTAR NEWS SERVICE

MEDICAL PROCEDURES

Female genital surgery on rise

Kristin Jones endured a "horrific" delivery when her daughter was born five years ago. It ended with an episiotomy — a surgical cut to enlarge the vaginal area — that led to stitches and an infection. Afterwards, she had no sensation in her bladder.

Despite attending physiotherapy sessions to strengthen her pelvic floor, Jones recalls once standing up and feeling a gush of fluid. She began sobbing in front of her husband, mortified by the experience.

"Changing your daughter's diapers is fine, but do you want to change your wife's diapers too?" the 34-year-old Ayr, Ont., teacher says, reflecting on the incident. "Your dignity is gone."

Eventually, sensation in her bladder returned and, with a lot of physiotherapy, some control returned as well. But after her second child was born, Jones' bladder problems came back with a vengeance. Coughing, sneezing, laughing, running — anything might cause a leak.

Living in constant fear of a bladder mishap, she went to a urogynocologist in Toronto, who told her she could have an OHIP-covered procedure involving a mesh implant or try a pricey vaginal laser therapy treatment called IncontiLase that's not covered by OHIP but could, potentially, help Jones' leakage issues.

Kristin Jones suffered from post-childbirth incontinence. NAKITA KRUCKER/TORSTAR NEWS

While female genital procedures have been on the rise in recent years, what's most often discussed are the cosmetic reasons — women wanting to trim the lips of their labia or reduce the side of their clitoral hood, for instance. Research studies and data show female genital surgery, for both cosmetic and medical reasons, is on the rise around the world.

The increasing number of female genital cosmetic surgery procedures available to Canadian women also include clitoral hood size reduction, perineoplasty, vaginoplasty, hymenoplasty, and G-spot augmentation — procedures which typically cost anywhere from $3,000 to more than $6,500. When it comes to labiaplasty, many women request the procedure for medical needs, because of friction, rashes, irritation, or pain during intercourse.

More broadly, women coming in for female genital procedures are sometimes seeking treatment for urinary incontinence or laxity of the vaginal canal after childbirth, which could be hindering their sex life or making the region uncomfortable, Brown says.

In Jones' case, she opted for the IncontiLase procedure, and says the roughly $2,500 cost was money well spent since the experience was largely pain-free. "I think that alone makes it so much better than having a surgical procedure where you have stitches and you're recovering for six weeks," Jones says.

For Jones, the laser procedure has since been helpful in improving her bladder function, but she questions why it's not yet covered by OHIP.

"If you're having a breast reduction for cosmetic reasons, you pay for it, but if it's for medical reasons — OHIP pays for it. This is for quality of life, and I'm paying for it out of pocket," she says.

Her bladder function post-procedure isn't "perfect," she says, but a marked improvement, and she no longer has to worry about laughs or sneezes.

"I feel like I'm on the way to getting my life back," she says.

TORSTAR NEWS SERVICE

JOHANNA SCHNELLER **WHAT I'M WATCHING**

You can pull off anything if fearless enough

THE SHOW: Atlanta, Season 1, Episode 9
THE MOMENT: The playwright

One visit to Atlanta is just not enough, given the subtle tone and the ultra dry wit throughout the series. CONTRIBUTED

Earn (Donald Glover) and Vanessa (Zazie Beetz), the mother of his daughter, attend a Juneteenth party thrown by a rich, interracial couple. Vanessa is hoping to impress the wife, a black woman who wishes she were white. The white husband, who wishes he were black, is trying to impress Earn.

Earn hates it all: the vibe, which he likens to a "Spike Lee-directed Eyes Wide Shut." The centrepieces shaped like slave ships. The pretentious guests, including a woman playwright who touts her latest work, With Tail Between Legs.

"It takes place in a strip club," she trills. "Two gangbangers hold a pastor, a drug dealer and a pregnant teen hostage, in the middle of Hurricane Katrina."

"That's a real situation," Earn deadpans. "I'm glad that story is being told."

This is the third new series starring black characters who are navigating through largely white worlds (the other two are Insecure and Queen Sugar) and it's the most original.

Glover, who created and writes it, has absorbed a key lesson from his years on Community: you can pull off anything on television if you're fearless enough.

So Earn, a depressed Princeton dropout who's managing his rapper cousin, can spend one episode at a fundraiser with Justin Bieber (who in the world of this show is black) and another witnessing his Uber driver being shot by cops for dealing drugs and weapons.

The tone throughout is so subtle and the wit so dry, each episode is better the second time you watch it.

Atlanta airs on FX Canada.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Quiet as Lam...but that's no bad thing

FASHION

Amid the noise, designer's cool elegance helps him stand out

Derek Lam is a great example of how quieter, cooler and more elegant ideas will always win the fashion game. The noise and chaos of big-tent fashion — swollen heads and egos, gnashing logos and supermodels, the blink-and-gone trend hamster wheel — burns itself out.

What is left is elegant American sportswear that stands the test of time, and that is the foundation that Lam, now 50, has been building on steadily. In Toronto for a public appearance and runway presentation last week at Holt Renfrew in Yorkdale Shopping Centre, Lam showed his '70s-inflected, denim-heavy resort 2017 Derek Lam 10 Crosby line. He also took time to take stock in this time of roiling change in the retail and online fashion industry.

"There is just so much noise right now," he says, "especially about how the client is supposed to absorb and consume fashion."

Lam has spent a career putting his foot down on fashion's circus side. He made the surprising choice to show his spring 2017 collection earlier this fall to a handful of editors and buyers in an intimate setting instead of the usual three-ring runway spectacular at New York Fashion Week. "Intimacy is my statement on the shift to see now, buy now," he says. "Let it be intimate, with me talking directly about the work."

The whole Derek Lam world is available at Holts, with his premium eponymous collection ranging from $1,000 to $2,500 for dresses and gowns; Derek Lam 10 Crosby, his more casual contemporary line, named for the location of his Lower Manhattan studio, runs from $350 to $975 for women's blazers and coats.

Lam literally grew up in the garment business, in the San Francisco bridal dress factory owned by his grandparents. After graduating from New York's Parsons School of Design, he began his career at Michael Kors, before it became "the larger-than-life brand we know today, in capital letters," says Lam.

Lam was a designer for Kors (who remains the king of sexy American sportswear) through the '90s. He is a classic Generation X and like other creative types in his generational cohort he apprenticed before striking out on his own.

When he did make the leap, in 2003, his vision was clear. "That was a time when designers were big and loud, almost caricatures," he says. "I didn't feel the products lived up to the hype. I wanted to offer an alternative perspective, a personal view of style. I want all the attention on the work, and by extension, on the woman wearing my clothing."

Indeed, he has kept his growth slow, deliberate and "organic," in his words, partnering only with people who make sense – the artisans outside Venice who make his shoes, or the bag makers in Tuscany.

Lam has dressed U.S. first lady Michelle Obama, and his celebrity fans tend to be street-style stars known for "classy" or understated good taste, such as socialite Olivia Palermo.

A designer noted for his ferocious research, his chief laboratory is his window that looks out onto a SoHo street. "I'm so obsessed with watching women in the street. My window looks out onto a parade of inspiration."

And for his first foray into fragrance, he reverted to the moments he witnessed out that SoHo studio window. Each of the 10 fragrances is based on moods, feelings, and the moments in time they capture. Thus you have Rain Day to Drunk on Youth and 2 a.m. Kiss. He explains Blackout thusly: "It was based on the real New York blackout. It starts with trepidation and moves into a block party, a place where you find community."

That subtle message is at the heart of Lam's work: a quiet reflection, a moment of feeling.

TORSTAR NEWS SERVICE

"I didn't feel the products lived up to the hype. I wanted to offer an alternative perspective. Derek Lam

Fashion designer Derek Lam's upcoming line — Derek Lam 10 Crosby — is named after and inspired by his New York studio space and the women who walk by his window. The Mini Ave A Top Handle Satchel costs $745 at Holt Renfrew. CARLOS OSORIO/JENNA MARIE WAKANI/TORSTAR NEW SERVICE

More the merrier for girls' reunion

Lorelai and Rory Gilmore (Lauren Graham and Alexis Bledel) are back in our lives. NETFLIX

NETFLIX

Lorelai, Rory and Co. return and serve up a slice of comfort

The familiar voices float softly from a black screen, as if in a dream.

There's Luke, gruffly: "How many cups have you had this morning?" And this parent-child banter: "Did you do something slutty?" Rory teasingly asks her mom. "I'm not THAT happy," shoots back Lorelai.

Thankfully, it's not imagined. It's the reality of Gilmore Girls, returning Friday after a nine-year absence, during which longtime fans pined for what they'd lost and newcomers discovered what they'd missed through reruns.

Opening-credit snippets of the show's hallmark dialogue kick off Netflix's sequel to the 2000-07 broadcast series with a promise: the characters, their snappy banter and the show's key notes will be honoured.

But the four-part Gilmore Girls: A Year in the Life is aimed at more than true believers, creator Amy Sherman-Palladino said in an interview.

"We want it to be something that fans know, but if you haven't watched Gilmore you can come to it fresh and take it on face value: It's a story of three women, an intergenerational, multi-generational story, and you are catching them at times that each of their lives is changing."

That trio around which the universe rotates consists of devoted single mom Lorelai Gilmore (Lauren Graham), her equally devoted daughter Rory (Alexis Bledel) and stern grandmother Emily (Kelly Bishop). As the first chapter opens, Lorelai and Rory are still the belles of fictional Connecticut hamlet Stars Hollow — so perfect, quips Lorelai, it belongs in a snow globe.

Luke (Scott Patterson), Lorelai's on-again, off-again love is here, as are the supporting characters who gave the show, well, character. That includes official town nudge Taylor (now lobbying for a sewer system); reliably idiosyncratic Kirk (he's just launched Ooober, a non-app version of Uber) and even buoyant chef Sookie (courtesy of Melissa McCarthy's return to her TV roots).

Whatever bliss viewers find in the girl-power dramedy's resurrection may be exceeded only by that of Sherman-Palladino, who wrote and produced it with Dan Palladino, her husband and creative partner on the sequel and the original.

"It was literally like no time had passed," Sherman-Palladino told a TV critics' news conference. "It was joyous. It was fun. It was exhilarating."

Graham sees Gilmore Girls as a welcome refuge from hard-edged TV and our prickly modern reality in general.

> **It was the old show. It was just like it was meant to continue.**
> Amy Sherman-Palladino

"I think it's because it's extremely comforting in a world that is lacking comfort and has a great choice of shows available that are stressful — great, but stressful — and so this kind of stands out in the way that it did then," she said.

The 90-minute episodes follow the seasons and are titled for each, starting with Winter. While Lorelai and Emily face Richard's death in their own way, they also find their relationship affected by it.

Rory's romantic past is a factor as all of her ex-boyfriends appear "one way or another," said Bledel. So is the character's journalism career, and while Bledel is aware that her character's love life intrigues viewers, she'd like them to consider the complete young woman.

"There is so much more to her character that it's great when people focus on those things, on her ambition and her accomplishments," the actress said.

Given that all the episodes will be made available at once on streaming service Netflix, Sherman-Palladino sees trouble on the horizon.

After holding close the four words she's long said should end the Gilmore saga (she wasn't in charge of the show's last season on the CW network), she wants viewers to avoid spoiling the experience, either by posting the phrase or by impatiently jumping to the final scene.

"It's going to mean a lot more if you've taken the journey, and it's going to mean a lot less if you just flip to the last page. ... It's a fun trip. It's worth it," she said.

THE ASSOCIATED PRESS

SPONSORED CONTENT — DIXIE OUTLET MALL

THE CASH CUBE RETURNS TO DIXIE OUTLET MALL

Once again, Dixie Outlet Mall is kicking off the holiday season with a huge gift to shoppers: the return of the Black Friday Cash Cube.

Black Friday, which falls on Nov. 25 this year, is widely known as the unofficial start to the holiday season in North America, characterized by exclusive retail offers and deep discounts at a variety of stores both physical and online.

Dixie Outlet Mall's Cash Cube is a one-day opportunity for shoppers to win hundreds of dollars. The activation is presented in a strikingly large black cube — 6-feet by 4-feet — that's outfitted with an interactive touch screen and an oversized pin pad. From 11 a.m. until 10 p.m., shoppers are invited to enter their unique five-digit pin code into the cube to see if they're a lucky winner.

Each hour, a prize ranging from $100 to $1,000 will be given away. The cube will eject the big $1,000 prize two times during the day, redeemable as Dixie Outlet Mall gift cards. Participants can obtain their pin codes online, from on-site Dixie representatives or from the guest services desk within the mall.

"The Cash Cube is a wildly successful event" that's now in its sophomore year, says Cristina Avila, marketing director for Dixie Outlet Mall. "The suspense and excitement was truly palpable last year, and we can't wait to welcome the 2016 holiday season by showing our appreciation to our customers."

Dixie Outlet Mall, Toronto's landmark discount destination, has a long tradition of giving back to its community, says Avila. During the holiday shopping season, Santa Claus will be offering free photos with the donation of a non-perishable item in support of the Mississauga Food Bank. For more information, visit dixiecash.ca.

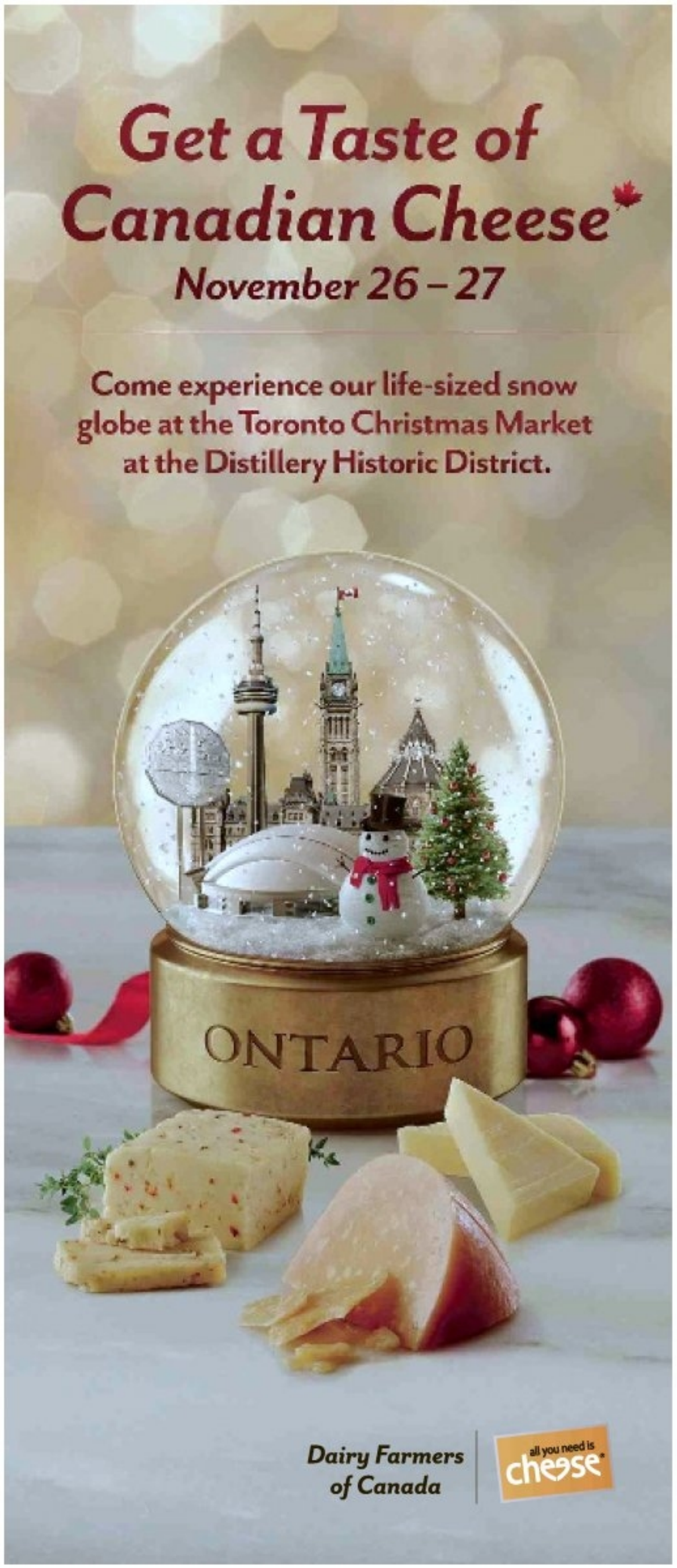
CONTRIBUTED

Black Friday at Dixie Outlet Mall

Beginning on Black Friday, Dixie Outlet Mall will offer exclusive holiday deals on top of already discounted prices.

The mall is the largest enclosed outlet shopping centre in Canada with over 120 retailers. "We offer a great selection at fantastic prices," says Avila. "Our main pillars are shoes, clothing and tech products."

Well-known brands include Aldo Outlet Store, the new Forever 21 under $15, Tommy Hilfiger, GUESS, The Source, Footlocker, Levi's, Nine West Shoe Studio and Winners.



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HAVE A CHEESY HOLIDAY

Four easy, cheesy appetizers you can whip up in only 20 minutes or less

At its best, the holiday season is a chance to get together with friends and family. And at many of those shindigs, bite-sized holiday nibblies will be the star of the show. You may find the thought of crafting countless individual appetizers overwhelming — but it doesn't have to be all that time-consuming.

Here are four festive and indulgent holiday apps you can easily throw together in the time it takes to get to the grocery store.

1. Baked Brie with cranberry sauce
Start with a round of Canadian Brie on an oven-proof dish. Top with a mixture of ¼ cup (60 mL) dried cranberries, ¼ cup (60 mL) halved pecans, 2 tbsp. (30 mL) honey and 1 tbsp (15 mL) of minced orange zest. Heat in 400°F (200°C) oven for seven to 10 minutes. Serve, warm and melting, with fresh baguette.

2. Bocconcini-tomato kebabs
Using small bamboo skewers, alternate grape tomatoes, fresh basil leaves, and small balls of Canadian Bocconcini. Sprinkle with sea salt and freshly ground black pepper and drizzle with balsamic reduction.

CONTRIBUTED

3. Blue Cheese stuffed mushrooms
Remove mushroom stems and place caps in a baking dish. Stuff with clumps of Canadian Blue Cheese, sprinkle with bread crumbs and bake in the oven at 425°F (220°C) for five to seven minutes. Sprinkle with fresh thyme and drizzle lightly with balsamic reduction before serving.

4. Warm and cheesy artichoke dip
In a food processor, coarsely blend one 14-oz. (414-mL) tin of artichoke hearts (drained), 1 cup (250 mL) of mayonnaise, 1 cup (250 mL) of grated Canadian Parmesan, a dash of Tabasco and a dash of Worcestershire sauce. Transfer to oven-proof dish and bake at 400°F (200°C) for about 15 minutes, until hot and bubbling. Serve with crackers.

Ontario cheeses a locavore's delight

Amid Toronto's towering condos, it can be easy to forget that dairy country is just a few hours away. And Ontario has a long history of cheese-making due to its fine fields and pastures and plentiful supply of fresh, 100 per cent Canadian, free of artificial growth hormones cow's milk. In recent years, artisanal cheese-makers have been popping up like clover. Some of these small producers make cheese from their own cow's milk right on-site. And, while Cheddar is still a favourite, you'll find everything from Canadian Queso Fresco to creamy Canadian Brie and Camembert.

metro SPORTS

Canadian opera group The Tenors will perform the anthem at the Grey Cup without controversial "All Lives Matter" ex-member Remigio Pereira

Toronto FC-Impact rivalry resumes at Big O

MLS CUP PLAYOFFS

Winner of East will be Canada's first in league final

There will be a special atmosphere at Olympic Stadium when the Montreal Impact host Toronto FC in the first leg of the MLS Eastern Conference final on Tuesday night.

An anticipated crowd of more than 60,000 and the biggest meeting ever between the two Canadian clubs from rival cities could not make it anything less.

And how the two sides deal with the noise, the hard and bouncy artificial turf and the pressure-packed situation should have much to do with which team gains the advantage heading into the second leg of the two-game-aggregate goals series on Nov. 30 at BMO field in Toronto.

The series winner will become the first Canadian team to reach the MLS Cup final game on Dec. 10.

"We have a very experienced team," Toronto coach Greg Vanney said Monday. "Our guys have played in environments similar to this and I think it's motivation one way or another.

"It doesn't matter. Just to have that energy in the stands, whether they're for you or against you, heightens your awareness and sharpness out here. I'll let them rely on their experiences to guide them and just focus on their roles and responsibilities and who they are. They don't have to be anything different whether there's 30,000 or 60,000."

Facing Montreal indoors will be a new experience for most Toronto players, but midfielder Michael Bradley pointed out that he and striker Jozy Altidore played twice for the U.S. in the "Big O" at the 2007 under-20 World Cup, including a 1-1 tie with South Korea before a crowd of 55,800.

"We know the atmosphere is going to be amazing," said Bradley, whose team got its first workout on the synthetic turf while Montreal has practised on it since last Thursday. "The field is the same for both teams and, ultimately, when you get to games that are this big, afterwards nobody's talking about the field.

"We're excited about the opportunity to play in a very big game."

Montreal counters with a veteran squad — with nine of 11 starters age 30 or older — that has played in big games at Olympic Stadium before, especially in its run to the CONCACAF Champions League final in early 2015 when it lost to Mexico's Club America before 60,004.

"We've been here before in terms of the scale of the game, but we can also learn from that because we didn't win that series against Club America," said Montreal captain Patrice Bernier of Brossard, Que. "I don't think we'll be afraid or in awe of the 60,000, we'll just try to use it as motivation because if we play well, the 60,000 will give us an extra push." THE CANADIAN PRESS

TOE TO TOE

- It will be the teams' sixth meeting this year.
- They went 1-1-1 against each other in MLS play, while TFC beat Montreal 4-2 on aggregate in their two-game Amway Canadian Championship series in June.

Tempers flared when the Impact and the Reds squared off at BMO Field on June 1.
STEVE RUSSELL/TORSTAR NEWS SERVICE

PGA

Canadian earns his first win in playoff

Mackenzie Hughes figured he was down to his last chance to stay alive in a four-man playoff Monday morning in the RSM Classic in St. Simons Island, Ga.

The Canadian rookie with pluck and a pure putting stroke poured in an 18-foot par putt from off the 17th green at Sea Island, and that last chance turned into his first PGA Tour victory when the other three players all missed from 10 feet or closer.

"I made the putt of my life right there," Hughes said.

Hughes, from Dundas, Ont., calmed his nerves and came up clutch, becoming the first PGA Tour rookie in 20 years to go wire-to-wire for his first victory.

$1M

The win netted Hughes $1.08 million US.

Hughes had a chance to end it Sunday night until his 10-foot birdie putt in the dark on the 18th hole turned away. The next morning, he was the only player who was never on the green at the par-3 17th until his ball was in the cup.

Blayne Barber, Henrik Norlander and Camilo Villegas narrowly missed their par putts to extend the playoff.

Hughes was watching from off the green, and the prospect of winning became more real with each putt that missed — first Barber, then Norlander. And when Villegas missed his seven footer, Hughes dropped his putter, turned his back on the green and knocked off his cap as he rubbed his head in disbelief.

THE ASSOCIATED PRESS

Mackenzie Hughes reacts to winning his first PGA Tour tournament on Monday.
STREETER LECKA/GETTY IMAGES

UFC 206

Evans barred from fighting in Toronto

The Ontario Athletic Commission has barred former light-heavyweight champion Rashad Evans from fighting at UFC 206 on Dec. 10 in Toronto.

Evans was also denied a licence to fight at UFC 205 earlier this month in New York City.

"As a result, Evans' rescheduled bout against Tim Kennedy, set for UFC 206 in Toronto on Saturday, Dec. 10, has subsequently been cancelled," the UFC said Monday in a statement.

The UFC did not detail Evans' medical issue. Neither did Evans, who took to social media to state his case.

Rashad Evans
GETTY IMAGES FILE

"Despite the latest news on not getting a license to fight in Toronto I am 100% healthy. I will not retire. Thank yuh for the support," he wrote.

THE CANADIAN PRESS

IN BRIEF

Cardinals lure Cecil to St. Louis with $30.5M deal

The St. Louis Cardinals signed reliever Brett Cecil to a four-year, $30.5-million contract on Monday.

Cecil had a 3.93 ERA in 36-2/3 innings for the Toronto Blue Jays last season. He was slowed by a torn lat muscle but dominated down the stretch, tossing 3-2/3 scoreless innings in the playoffs. The lefty had a 2.90 ERA in four years as a full-time reliever in Toronto.

THE ASSOCIATED PRESS

GREY CUP

Organizers report spike in ticket sales

Grey Cup organizers are reporting a recent uptick in ticket sales for Sunday's CFL championship game and are confident a sellout crowd will be on hand to watch the Calgary Stampeders play the Ottawa Redblacks at BMO Field.

The Toronto Argonauts reduced ticket prices for the game last month to an $89 starting price with thousands more available for less than $150. That was down from a previous pricing plan where tickets were no cheaper than $169 apiece.

The CFL club would not reveal Monday how many tickets had been sold, but a mid-afternoon check of the Ticketmaster website showed about 1,700 tickets were still available.

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Nylander focusing on versatility

NHL

Leafs' power-play maestro is working on his defensive game

Those on the Maple Leafs who have had William Nylander as a linemate this season say one thing about the 20-year-old speedster: He has great ice vision.

But while that vision and a host of other top-shelf offensive skills have helped Nylander establish himself as a go-to weapon on the power play, there's always the continual process of bettering his defensive game.

He has spent the last two games on the Leafs' top checking line with Nazem Kadri and Leo Komarov, rather than with fellow rookies Auston Matthews and Zach Hyman. And that assignment could continue against Carolina on Tuesday as he looks to convince the coaching staff he is reliable at both ends of the ice.

"Both lines are good, we create chances on both lines, so I'll see at game time which line I'm on," Nylander said Monday, after finishing practice on Kadri's line. He has spent 13.3 per cent of his ice time with Kadri this season, and 79.4 per cent with Matthews and Hyman.

"Both lines are good, we create chances on both lines, so I'll see at game time which line I'm on.
William Nylander

Eight of William Nylander's 16 points this season have come on the power play.
AARON LYNETT/TORSTAR NEWS SERVICE

Nylander is the club's top producer on the power play, with four goals and four assists, but his even-strength production, like that of Matthews, has slipped lately. Nylander has just one even-strength goal in his last 12 games; Matthews had been held without a goal in any situation over the same stretch.

And with the Leafs trying to find good fits and maximize the potential of several players, Nylander has found himself with Kadri, particularly on the road, where Toronto, with just a 1-5-3 away record, is trying to focus on a two-way game.

Babcock has still hooked up Nylander and Matthews for a shift or two on the road, when offence is needed, and the pair has played together regularly at home, but the Leafs are looking for more defensive balance from Nylander, just as they did with Kadri when Babcock took over as coach.

Kadri can see Nylander's skill and scoring potential but, as a former all-offence player who has become a reliable at both ends of the ice, he knows the process Nylander is going through.

"It's tough on anyone, not just a young player," Kadri said about changing lines. "But it is important for any player to go through that, and to be able to execute with anyone in the lineup. I think its something a lot of players have to manage and do well at."

There may be some added value for Nylander in switching between Kadri and Matthews: Both of them are featured on the Leafs' power play, which has accounted for 64 per cent of Nylander's offence. "I think it's going well," Nylander said of joining with Kadri line.

"Whatever line you are on, you try to be better all the time, you try to put the puck on the net and you try to create chances. I think we're creating those chances and it's been good."

TORSTAR NEWS SERVICE

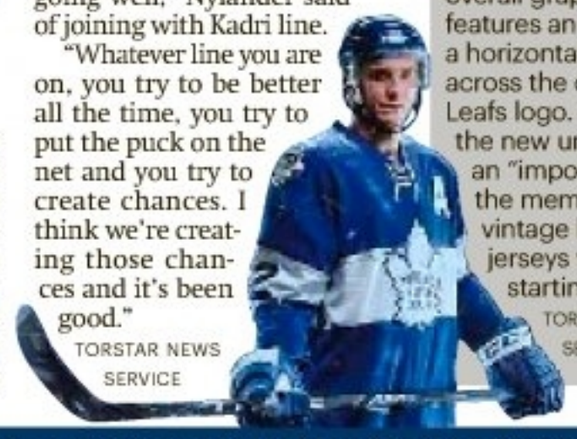
NEW JERSEY

The Maple Leafs dropped their Centennial Classic uniform Monday, with the club saying its "signature look" will be worn for the Jan. 1 game against Detroit at BMO Field.

The jersey combines "important elements of our club's past, but also our present and future as it features the new Maple Leaf crest," Leafs president Brendan Shanahan said in a statement.

The Leafs motto for this season — honour, pride and courage — has been stitched into the neck line of the new jerseys. The overall graphic design features an all-blue top with a horizontal band of white across the chest, with the Leafs logo. Shanahan said the new uniforms mark an "important" link to the memories of those vintage looks. The new jerseys will be on sale starting Tuesday.

TORSTAR NEWS SERVICE



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RECIPE Pasta e Fagioli

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This veggie-packed stoup (part soup, part stew: it's a thing!) is the perfect, healthy winter warmer.

Ready in: 35 minutes

Ingredients
- 1 Tbsp olive oil
- 1 onion diced
- 3 cloves of garlic minced
- 1 or 3 stalks of celery chopped
- 3 medium carrots sliced thinly
- 1 yellow or green zucchini, halved and then sliced
- 6 or so mushrooms cleaned and sliced
- 1 14 oz. can of cannelini beans
- 2 cups vegetable or chicken stock
- 1 x 28 oz. can of drained plum tomatoes
- 1 cup whole wheat tubetti pasta
- thyme and rosemary
- 1/2 cup grated parmesan

Directions

1. Sauté onion, garlic and celery in olive oil until they soften, about 3 minutes. Add carrots and cook 2 minutes before adding the zucchini and mushrooms. Let vegetables soften just a bit before adding the stock.

2. Drain the can of cannelini beans and scoop out about a third of a cup and roughly mash it. Put the mashed and unmashed beans into the pot and stir. Cover and simmer for 5 minutes.

3. Drain the tomatoes and add them, breaking them up with your spoon. Simmer for 5 minutes.

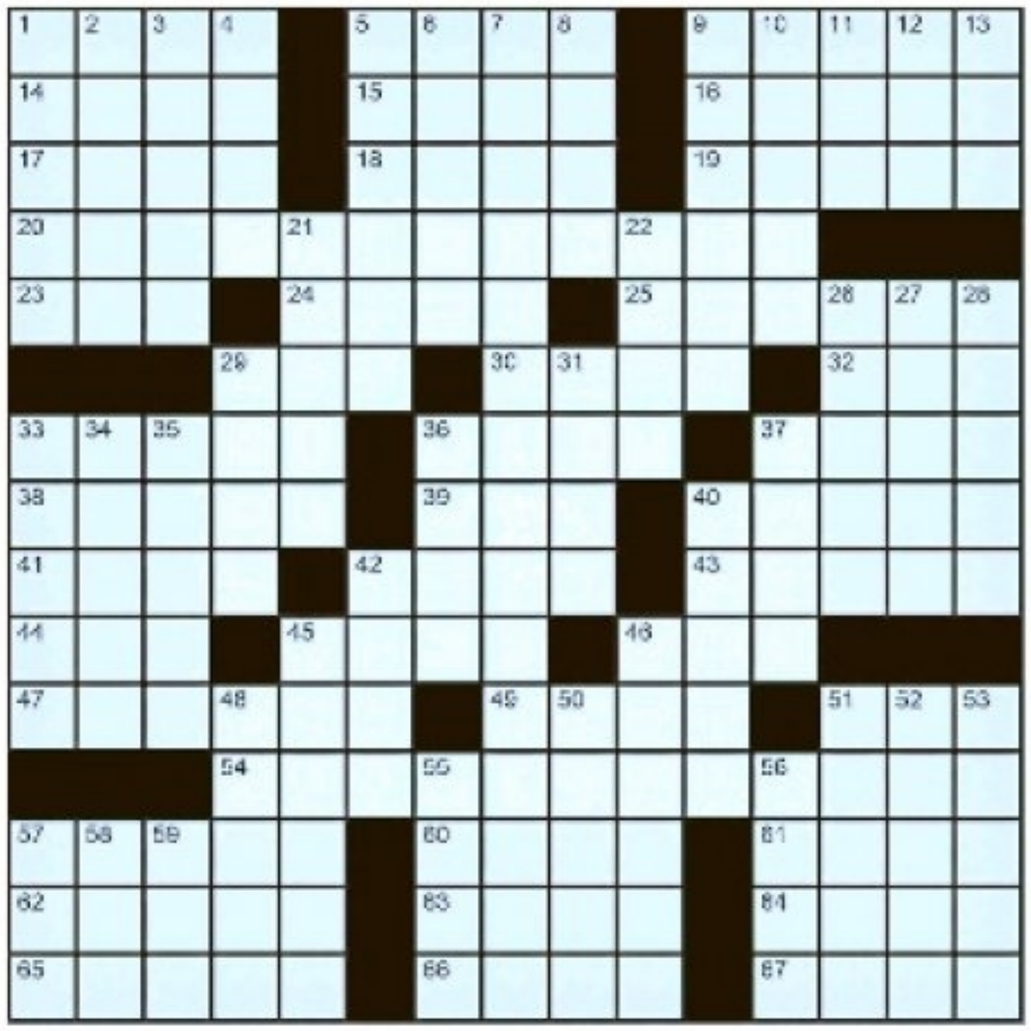
4. Add the cup of tubetti, a good pinch of thyme and rosemary and cook for 10 minutes. Add some salt and pepper to taste.

Serves 6

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Hollywood headliner
5. __ fide (Authentic)
9. Tightfisted
14. __ down the runway
15. "All By Myself" by __ Carmen
16. Kitchen appliance
17. "Step __ __!" (Pick up the pace!)
18. Musicals lyricist Tim
19. Boring tool
20. Woodstock, New Brunswick born lead singer of April Wine: 2 wds.
23. __ de deux
24. __-_ Ration dog food
25. __ __ balloon
29. Break a Commandment
30. Balanced
32. Open with might
33. Clean, clean, clean...
36. Hearty meal
37. Top-__ washer
38. Country singer Mr. Black
39. Driver's 4x4, commonly
40. Maison's entrance
41. Military level
42. Guitar bar
43. Autumn flower
44. Noah's creation
45. Sense
46. Lots of mins.
47. Spice mixture of India
49. Assist in wrongdoing
51. Gent's title
54. __ __ National Historic Site of Canada (Hudson's Bay Company installation built in 1833 in the Northwest Territories)
57. Tony __ (Former British PM)
60. Land-on-water
61. Helix
62. Baseball legend Yogi of famous quotes
63. Nickel, for one
64. Angela's mother on "Who's the Boss?"
65. Desert transport
66. Deep __ bends (Gym moves)
67. Jumpy

DOWN
1. Take big bold steps
2. Ms. Roberts of "Charlie's Angels"
3. Botanical leaf-to-stem angles
4. Ancient temple ceremony, for one
5. Candice of 1988 to 1998 comedy "Murphy Brown"
6. The Hunter constellation
7. Songstress of late-'70s chart-topper "Lotta Love" (Trivia! It was written by Neil Young): 2 wds.
8. Perfected
9. Colouring book colourer
10. Regularly frequented hangout
11. The Queen's lang.
12. 'Foot' finisher
13. 'P' in MPH
21. Avoid, as an issue
22. "Is it ever hot!"
26. Towards the ship's left side
27. Totally ticked
28. __ Cup (Golf trophy)
29. "You __ My Battleship!"
31. Depilatory brand
33. "Buzz off!"
34. Santa __, California
35. Sounds from the sties
36. Certain
37. Business write-off
40. __ Quebecois (Political group in Quebec)
42. "__ Factor"
45. Blooming
46. Roch Voisine title song lady
48. Burning
50. Negate
51. Hair accessory
52. Cupcake topping
53. Convey
55. Foe in Fido's fur
56. Highest point
57. UK network
58. Ms. Michele
59. Strong-__

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You will enjoy travelling today. You also will enjoy studying something new. Discussions about politics, religion and racial issues will be positive. (How refreshing.)

Taurus April 21 - May 21
This is an excellent day to decide how to divide an inheritance or deal with shared property, taxes, debt and insurance issues. All parties will be upbeat and positive.

Gemini May 22 - June 21
Relations with partners and close friends will be positive and fun-loving today. People are willing to look for solutions instead of focusing on problems.

Cancer June 22 - July 23
Work-related travel is likely today. This also is an excellent day to propose an idea to co-workers, because they likely will endorse you.

Leo July 24 - Aug. 23
Enjoy playful activities with children today. This also is a great day for a vacation or social occasions. Even teaching children will be a positive experience.

Virgo Aug. 24 - Sept. 23
You feel encouraged about home improvements. In fact, family discussions will be particularly positive today. It's a good time to implement your ideas.

Libra Sept. 24 - Oct. 23
Whatever you do today, you will be ambitious and expansive with your plans and ideas. You're not afraid to think big, because you feel confident!

Scorpio Oct. 24 - Nov. 22
This is an excellent day for business and commerce. Whatever you initiate likely will create a profit for you today and in the future.

Sagittarius Nov. 23 - Dec. 21
You are eager to talk to others today because you have big ideas and you want to share them with someone. The force of your enthusiasm will make others agree with you, because nothing succeeds like success.

Capricorn Dec. 22 - Jan. 20
Behind-the-scenes research will go well today, because you are confident that you will find what you're looking for.

Aquarius Jan. 21 - Feb. 19
Conversations with young people will be upbeat today. If you talk to a group, people will quickly fall in line with your suggestions because you are confident and positive.

Pisces
Feb. 20 - March 20
This is an excellent day to talk to bosses, parents and VIPs. Make your pitch and push your agenda, because people are in such a positive frame of mind today, they probably will say "yes."

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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	8	6				7	1	

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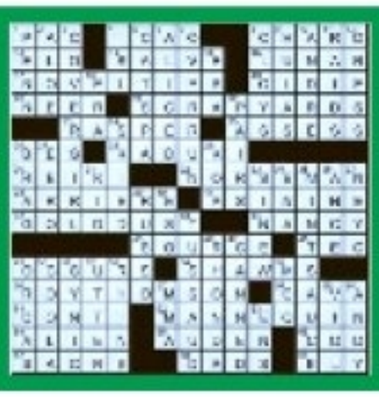

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1	2	7	6	8	5	9	3	4
4	8	9	2	7	3	1	5	6

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